

Treating and Controlling Diabetes

When you were a kid you probably thought that there was no possible way that any one could ever have too much sugar, right? How could something that tastes so sweet and good be bad?

However, for people living with diabetes, sugar (or glucose) can be bad if left unchecked. In diabetics, glucose can build up in the blood stream because their bodies do not produce or properly use insulin to process the sugar into energy. This results in a condition is called hyperglycemia. Hyperglycemia happens from time to time in all people who have diabetes, but it can result in complications, so it is important to know the symptoms and how to treat the condition. Symptoms of hyperglycemia include frequent urination and increased thirst, but it can be treated by exercising, cutting down on the amount of food eaten for the day or working with your physician to adjust your medication.

There are several things that the diabetic patient can do to help control their diabetes on a consistent basis. These include things that should be done every day, things that should be done every time you have a check-up and things to do at least once or twice a year.

Daily Diabetic Care:

- Stay on the diet that has been established by your physician or dietician. Eat your meals and snacks at about the same time every day.
- Get at least 30 minutes of physical activity most days of the week.
- Take your diabetes medications as prescribed by your physician.
- Check your blood sugar.
- Examine your feet for cuts, blisters, swelling, or redness.
- Brush and floss your teeth.
- Stay at a healthy weight.
- Don't smoke.

What Should Be Done During a Check-Up:

- Go over your blood sugar readings with your doctor
- Get an A1C test.
- Get weighed. If your weight is too high, discuss ways to reduce it.
- Have your blood pressure taken. If yours is too high, discuss ways to reduce it.
- Have your feet checked for nerve response and blood circulation.
- If a smoker, make a plan to quit.

What To Do Once or Twice Per Year:

- Get pneumonia & flu shots
- Get your blood fats tested for total cholesterol, LDL, HDL and Triglycerides
- Get a kidney test



- Get a dilated eye exam
- Get a foot exam, including a check of circulation and nerves
- Get a dental exam at least twice a year for cleaning and check-up

Bet you never thought that sugar could cause you to have to pay attention to so many issues! Controlling diabetes can be a lot of work, but preventing complications and diseases that are associated with diabetes makes it well worth the effort. Talk to your doctor, contact the National Institute of Diabetes and Digestive and Kidney Diseases at www.niddk.nih.gov for more information on how to treat and control your diabetes.