

MANAGING DIABETES



Track your blood glucose levels

Make healthy food choices avoiding foods that are high in fat and sugar



Exercise daily! Older adults who exercise daily help to control blood glucose levels

Schedule regular follow ups with your MD to monitor your progress and check your kidneys



Have your eyes checked annually. Diabetes may cause eye problems.

Get a Flu shot every year.



Check your feet. Diabetes can cause wounds or breaks in the skin to heal slowly or get infected. Let your MD know immediately if you have a problem.