

Mindfully Monitoring Diabetes



When it comes to managing diabetes, it's important to maintain healthy lifestyle habits and overall wellness. The strategies below can help you to monitor and care for diabetes. If you experience unusual symptoms, contact a provider—early treatment may greatly reduce your risk for serious health complications.

✔ **Tracking Blood Sugar and Symptoms**

The best way to prevent diabetes-related issues is to closely monitor your blood sugar. Talk to a provider about using a blood glucose meter and discuss ways to keep levels within a target range. Document any unusual reactions to food, exercise, and medications and discuss them with a provider.

✔ **Taking Medication**

Ask a provider when and how to take medications for diabetes and closely follow any instructions. This may include managing multiple prescriptions for treating blood sugar, cholesterol, or blood pressure.

✔ **Caring for Your Feet**

Examine your feet each day for cuts, calluses, swelling, hot spots, or dry skin to identify any unusual changes. Try using a mirror to see the bottom of your feet. Then, wash feet with warm water, dry, and moisturize with lotion. Do not apply lotion between your toes as the moisture can encourage infection. Wear shoes that provide support and protection.

✔ **Practicing Dental Hygiene**

Maintain dental health by brushing with fluoride toothpaste at least twice a day and flossing at least once a day. Visit a dentist regularly to check for cavities or gum disease.

✔ **Quitting Smoking**

If you smoke or use other nicotine products, talk to a provider about ways to stop. Having diabetes and using these products increases your risk of a variety of serious illnesses, including heart, kidney, eye, and gum disease, and may lead to nerve damage in arms and legs.