

LIVING WITH DIABETES

The Manual



Maple  Care

Living With Diabetes, the Manual

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Diabetes: The Basics of Proper Management of the Disease

Even though diabetes has been around for many years, there are still quite a lot of people who knows little about it. If you have diabetes, it is important that you know how to properly manage the disease in order to prevent or at least minimize the complications brought upon by the disease. Living with diabetes is not easy but with discipline and with the right knowledge, you can be sure that you will find it easy to adjust and still live a normal and full life.

First of all, you need to know what exactly diabetes is. Basically, this is a condition of the body where it doesn't make enough insulin or doesn't use insulin the right way. Insulin is responsible for converting blood sugar or glucose in to energy. Diabetes is a condition where it causes sugar to build up in the blood.

There are two types of diabetes. Type 1 and type 2. If you have type 1 diabetes, it means that your body is unable or only produces little insulin. If you have type 2 diabetes, it means that the insulin produced by your body isn't properly used by the body or it doesn't produce enough insulin in order to control blood sugar level. Most adults who have diabetes suffer from type 2 diabetes.

Diabetes can cause a lot of health problems. Basically, the disease itself is not the one that you should watch out for. But, you have to look out for the complications brought upon by diabetes, which are blindness, kidney damage, nerve damage, and high risk of heart disease.

When treating diabetes, the main goal should be keeping your blood sugar level as close to normal as possible. It shouldn't be too high or too low in order for you to minimize or prevent complications caused by the disease.

To do this, you need to have a healthy diet and exercise. What this means is that you will need to change your diet and exercise habits. For some people, it may even mean changing their lifestyle. You also need to watch your weight in order to regulate your blood sugar level.

It is important that you should consult your doctor about your condition in order for you to know more about it and also have knowledge on how to treat it. The doctor will tell you about the foods you need to eat, and also how much exercise you need to have each week.

When it comes to diet, the general rule for diabetics is low fat, low salt, low sugar, low carbohydrates, and high fiber diet. Snack in between meals is also recommended in order to regulate blood sugar levels in the body.

Another important factor in controlling blood sugar levels is by regularly checking your blood glucose levels several times each day. You will need to have a glucose meter in order for you to do so.

In some cases, diet and exercise alone are not enough in order to regulate blood sugar levels. The doctor will usually talk to you about other treatments for diabetes, such as medicine and insulin.

These are the basics of proper management of diabetes. Living with diabetes can be hard at first but with discipline and in time, you will be able to get used to a new lifestyle and continue on living a healthy, normal and full life.

Diabetes: What Can You Do To Treat Foot Ulcers

Diabetes is a disease that can have serious complications. It can affect the heart, eyesight, and it can even affect the kidney. However, one of the most common complications that diabetes can give its sufferers is the development of foot ulcers. Known as a diabetic foot ulcer this condition can lead to amputation if neglected.

Basically, a foot ulcer is a wound or open sore that appears on the feet. A big percentage of diabetic sufferers are affected by this and it is important that everyone should be aware of this in order to prevent it or at least know how to treat it.

Foot ulcers appear commonly on the soles of the feet. However, it can also appear on any part of the foot. This is a very serious problem for diabetics as many patients who had foot ulcers ended up requiring amputation of the affected limb. This is why diabetes is the leading causes of non traumatic limb amputation.

Although any diabetic patient can develop foot ulcer, there are several factors that can increase the risk of developing it.

Poor blood glucose control is one factor that can increase the risk of developing foot ulcer. You have to remember that proper diabetes management requires you to constantly regulate your blood sugar level. If you fail to do so and that your blood glucose level fluctuates, then you will end up experiencing unpleasant signs and symptoms of hyperglycemia and hypoglycemia, which include foot ulcers.

Sensory neuropathy is another factor that can increase the risk of foot ulcers in diabetics. This is when the patient loses the feeling in the feet. This is due to nerve damage due to high blood sugar levels.

Long duration of diabetes can also be the cause of foot ulcers. This means that in the long run, you will likely experience getting foot ulcers.

Poor circulation of blood can also lead to foot ulcers as well as foot deformity, poor foot healthcare, and inappropriate footwear.

There are many causes of foot ulcers to develop. A classic example would be a diabetic with sensory neuropathy going for a long walk on new or ill fitting shoes. These shoes can be hard on the feet, which can cause chaffing. Because of the sensory neuropathy, the patient will not feel the chaffing, which then causes blisters to form, which the patient will not be aware of.

Because of reduced circulation, the blister will not heal and will eventually turn in to an ulcer. Because of high blood sugar levels in the body, the ulcer is unable to heal. Combine this with continual pressure on the area, and then you have a perfect case for foot ulcer.

To treat the foot ulcer, the main goal is to get the ulcer to heal as soon as possible. The faster the ulcer heals, the less chance there is that it will get infected. During treatment, preventing infection should be your goal. You can do this by regularly disinfecting the affected area. You should also remove dead skin of the wound surrounding the area as well as relieve pressure by applying pressure relieve padding on shoes.

These are the things that you need to remember about foot ulcer. Foot ulcers are preventable. The key to this is to constantly monitor your blood sugar levels as well as being aware of what's going on with your body.

Diabetes: What This Disease Can Affect

Treating type 1 and type 2 diabetes today is a lot easier than in the past. Thanks to modern treatment methods and medicine, you will see that it is possible for diabetics to live a near normal life. However, living with diabetes is not always easy. You have to remember that this disease will not only affect your lifestyle but it will also have an impact on your relationships with other people, work, emotions, as well as your hobbies.

Depressive illness like diabetes can get the sufferer to experience mood changes. It may be because of the unstable chemicals in your body that sends signals to your brain, or it may be because of the psychological and social impact that the disease have.

Besides, you too would really be peeved at the simple fact that having diabetes will require you to change the way you live your life. Suddenly, you will need to take insulin injections, check your blood glucose level regularly, and also take care at what you need to eat or drink. Some people get depressed or angry because they feel that they lost control on how they live their life. Some people even get depressed as they need to give up certain hobbies.

Family life and relationships with other people may also get affected. For young people or teens, the normal conflict associated with adolescent or puberty within the family may be magnified with diabetes, which can also become a source in family strife.

Adults too can have problems with relationships and family life if they are suffering from diabetes. It may be because of the lack of information on diabetes which can drive the concern of their partner.

It is important to remember that living with diabetes is far easier if a universal approach is taken. However, a compromise needs to be reached in order for the changes to fit in with the rest of the family. Some will need to make certain sacrifices in order to accommodate the management of the disease.

Diabetes can also have an impact on work. If you have diabetes type 1, then professional diving, driving articulated vehicles, and flying airplanes is considered to be incompatible with the disease. However, you will see that most people really don't see diabetes affecting their ability to do their job. With proper management, someone with diabetes will still be able to work the same hours and work as hard as the person who doesn't have the illness.

When it comes to driving vehicles, it is important to inform the DMV about your condition especially if you need to take tablets or injections to control your blood glucose level. The DMV will contact your physician and may ask about your case.

Also, informing the DMV about your condition will entitle you to insurance if you are involved in an accident where your diabetes is also involved in causing the accident.

Having diabetes doesn't mean that you can't excel in sports. In fact, you can have diabetes and still win medals at the Olympics. This may sound a bit extreme but you have to remember that active lifestyle and diabetes are compatible. In fact, many physicians will recommend that you should go for an active lifestyle in order for you to have some sort of exercise, which can significantly help diabetes.

Physical activities can cause hypos in diabetics. In fact, people without diabetes can experience becoming hypoglycemic. To avoid this, adjust your diet and treatment in order to accommodate the physical activity that you do for recreation. It is also important that those around you should know about your condition and also know what to look for if you become hypoglycemic.

Diabetes is a serious disease. There is no cure for it but as far as living a normal life, you will see that you will be able to do so with proper management and care. Living with diabetes may be hard for anyone suffering from the disease. But, with self discipline and knowledge about the disease, you can be sure that you will be able to live a full and near normal life.

Eating Well To Effectively Manage Diabetes

Diabetes or not, eating healthy food is recommended for everyone. However, if you have diabetes, you need to remember that eating healthy food is not just a requirement, but it should be part of your everyday life. Living with diabetes is hard. You need to drastically change the way you live your life especially when it comes to your diet.

There is basically no need to prepare separate meals for people with diabetes and for people who are not suffering from this disease as the diabetic diet is recommended for everyone. Healthy eating can be enjoyed by the whole family.

Having a healthy eating plan is recommended for all people suffering from diabetes. But, for people suffering from type 1 diabetes, special considerations should be taken. You have to remember that people with type 1 diabetes requires matching the amount of insulin they take to the carbohydrates in the food they eat.

This is why it is highly advisable for people with type 1 diabetes to consult a dietician who is experienced in working with people with type 1 diabetes to help them prepare a healthy and suitable meal plan that they can work with.

Eating regularly is important for people suffering from diabetes. Instead of eating three large meals a day, it is important to spread it evenly throughout the day. Or, you have to have three meals a day and a snack after each meal.

Generally speaking, the diabetic diet should be low in fat, sugar, salt, and carbohydrates. Also, the diet should be high in vegetables, whole grains, and fruits.

If you regularly exercise, it is very important that you should match the amount of food you eat to the amount you burn each day. You shouldn't put too much fuel in your body that you won't burn. This is very important in order to get the right balance of blood glucose level in your body.

If you go out for a walk, always bring with you a snack bag. Always have something sweet with you, such as sodas, and hard candies. This will help you if you feel that you are experiencing hypoglycemia setting in.

Never skip meals if you are diabetic. This will wreak havoc in your blood glucose levels and can result in potentially dangerous complications, such as hypoglycemia or low blood sugar levels. The worst thing that can happen to you if you skip meals and experience hypoglycemia is diabetic coma. This is one symptom that you don't want to experience and this is also a symptom that can be life threatening.

Alcohol intake is possible if you are diabetic. But, try to limit it to one glass of wine a day or one bottle of beer a day. Also, try to have at least two alcohol-free days every week. If you are trying to lose weight, forget about beer. Instead, try whiskey as this doesn't contain any alcohol.

Also, it is best to drink alcoholic beverages with a meal or some food that contains carbohydrate.

These are the things that you have to remember as a diabetic. By following a strict diabetic diet, you can be sure that you will be able to properly and effectively manage diabetes. With these tips, living with diabetes will be a lot easier in your part.

Effectively Monitoring Blood Glucose Levels

Living with diabetes is not easy. You need to make certain changes on how you live your life. Managing diabetes is easy if you know how to effectively monitor your blood glucose level. This will be able to help you live a more normal life despite the fact that you are suffering from diabetes.

You have to remember that once you get diabetes, you have it for as long as you live. There is no cure for this disease but it can be managed. And, in order for you to effectively manage diabetes, you need to be able to monitor your blood glucose levels. By doing so, you will be able to live a more normal life.

To monitor your blood glucose levels, you need to have a glucometer or a glucose meter. This device can inform you how much glucose is in your blood. Using this device requires you to produce a relatively small amount of blood for the machine to read. In most cases, lancets are included in glucose meter kits as well as a lancing device.

The first step is to put a new lancet in the lancing device. Then, you need to take a test strip from the bottle and replace the cap after doing so. Then, you have to insert the test strip in to the glucose meter to get it ready for use. Make sure that you disinfect your hands first by washing it and applying disinfecting alcohol. Also, make sure that your hand is dry as water or liquid can produce varying result on the glucose reading.

Then, prick the tip of your finger with the lancing device and let blood flow out of it. Take the required amount of blood sample and place it on the test strip. Most devices will automatically read the blood glucose level from the sample you provided and will produce results in just a few seconds. Then, you need to take disinfected cotton and press it on the area where you drew blood from.

You then have to discard the test strip properly as well as the used lancet. You have to record the result in a log book in order for you to effectively monitor your blood glucose levels during the day effectively. This will help you in preparing meals as well as know what kind of activities that you should do or not do.

Diabetes is a very serious disease that has a lot of complications when managed improperly. If you are living with diabetes, make sure that you know how to manage it in order for you to live a normal life. Although there is no cure yet for diabetes, there are ways to treat it and manage it. It is also important to regularly visit your physician in order for you to know how you can effectively treat and manage the disease.

If you are suffering from diabetes, one way to manage it is to take a blood glucose reading several times a day. Lifestyle change is also important. By effectively monitoring your blood glucose levels, you can be sure that managing diabetes will be easier in your part and will allow you to live a more normal life.

Keep these things in mind and you will be able to conquer diabetes.

Exercise Tips to Help You Properly and Effectively Manage Diabetes

Exercising is one of the keys to having a healthy body. It doesn't only make you look better, but it will also help you feel a lot better. If you don't exercise, then you will eventually risk getting diseases that can really affect your life. Inactivity can lead to heart related diseases and it can also lead to diabetes.

First of all, type 2 diabetes is a chronic disease of lifestyle that many people are experiencing today. This disease is affected by a lot of factors, such as your weight and your activity levels. These two things are in your complete control and you need to do the right thing in order for you to effectively manage the disease.

Exercise does help diabetes. It can reduce your body's insulin requirements in many ways. The first is that exercise will be able to increase the body's sensitive to insulin. What this means is that the cells in your body will be able to better absorb insulin. Exercising can also help enhance the use of blood glucose in your body.

What this means is that it will be able to lower the blood glucose levels in your body, which can possibly reduce the amount of medication you need in order to treat and manage the disease. If you have type 2 diabetes, exercising regularly can even eliminate the need for constant medication, especially if you accompany exercise with a healthy eating plan.

You also need to keep in mind that diabetics have higher risks of high blood pressure and acquiring heart related disease as well as stroke. This is why it is more important for you to exercise now in order for you to reduce the risk of heart related diseases.

Through exercise, you will also be able to improve circulation, especially in the legs and arms. This is where people suffering from diabetes usually have problems and with exercise, it will be able to help.

You also need to keep in mind that stress can raise blood glucose levels. And, everyone knows for a fact that exercising helps reduce stress levels. So, if you want to keep your blood glucose levels from spiking, you have to reduce stress through exercise.

Lastly, one great benefit of exercise for diabetics is that it will be able to significantly improve the quality of life.

The next step is by knowing the right exercises for diabetics. You need to remember that the best exercises for diabetics are cardiovascular and aerobic exercises. However, you need to choose an exercise that is not hard on the feet as injuring the feet may lead to more serious problems especially for diabetics.

So, go for gentle walking, swimming and cycling. These exercises will be able to work your heart and circulatory system. You can also try playing racket sports, such as tennis. Just make sure that you wear proper fitting shoes in order to prevent injuries on the feet.

Before you start exercising, it is wise to consult your doctor about it first. This way, you will be able to know what kind of exercise you should do and for how long each day.

These are the things that you need to remember about being diabetic and the importance of exercising. Through exercise, you will be able to manage the disease effectively and let you live a full and normal life.

Handy Hints That Will Help You Manage the Disease

If you have been recently diagnosed with diabetes, then you know how overwhelming the news can be. You will feel frustrated and you will also feel as if you have completely lost control of your life. This is a natural reaction from people being diagnosed with diabetes.

Living with diabetes is hard. Because this disease has no cure available yet, you can effectively manage it in order for you to live a more normal and full life. The key to treating diabetes is by effectively managing the blood sugar level. Also, you have to follow certain tips in order for you to make your life as a diabetic easier.

The first thing that you need to do in order to manage diabetes is by being knowledgeable about the disease. You can't fight what you don't know. So, by knowing the disease, you will be able to know how you can manage it and treat it.

You also need to eat regularly. You have to have three meals a day and also a snack after each meal. This will help regulate your blood sugar level and prevent you from experiencing hypoglycemia or low blood sugar level. Skipping meals can lead to unpleasant symptoms associated with hypoglycemia where the worst thing that can happen to you is going on a diabetic coma.

If you go somewhere, always carry something sweet with you. This will allow you to correct low blood sugar levels. An example of snacks would be fruit juice, raisins, soda, and hard sweets. These foods will be able to correct low blood sugar but all these things should be taken in small amounts.

You know that you are a diabetic but do other people know this? If you go somewhere where no one knows that you are diabetic, you should have something to tell them that you are in case you get involved in an accident or you experience going on a diabetic coma. Wear a medic alert bracelet that states that you are diabetic. This will inform people and medical professionals about your condition, which can potentially save your life.

Regularly visiting your physician is also recommended. By doing so, your doctor will be able to regularly monitor your condition and help you manage diabetes. Always keep in mind that you shouldn't take any chances when it comes to your health.

Exercise is also very important if you are diabetic. You need to do regular but fairly moderate exercise. Try walking for 30 minutes every day. This will help regulate your blood sugar levels and also keep your heart healthy. In addition to this, you need to choose an exercise that is not hard on your feet. Getting cuts, blisters and foot infection can spell trouble. Go for gentle walking, swimming, or cycling. The last thing you want as a diabetic is getting your feet injured. If you do, you may become a perfect candidate for amputation.

Lastly, know the symptoms of blood sugar fluctuations. Watch out for excessive thirst, extreme hunger, sudden weight loss, frequent urination, moodiness, and nausea, gum and bladder infections. Blurred

vision and itching and tingling sensations on the hands and feet are also signs that you should watch out for.

These are some of the handy hints that you should remember if you or someone you know is diabetic. By following these tips, you can be sure that managing diabetes will be easy.

Having the Proper Knowledge about Diabetes to Effectively Manage the Disease

Diabetes is a disease that the sufferer needs to deal with for the rest of their lives. You have to remember that diabetes still has no available cure and the only way to treat it is by properly managing the blood glucose levels. Being diabetic can be very hard as you will need to make certain changes in your life in order to properly manage the disease. So, if you think that living with diabetes is simple, you may want to think again. With proper knowledge, you will be able to prevent complications caused by diabetes and be able to live a near normal life.

First of all, diabetes is a condition where the body doesn't produce enough insulin in order to regulate the amount of glucose in the blood. In some cases, it is a condition where the body doesn't properly use the insulin it provides. Because of this, diabetics suffer from a condition called hyperglycemia or high blood glucose level.

This condition is very serious and can really be life threatening if you don't properly manage it.

This is basically what diabetes is all about.

Diabetes increases the risk of other diseases in affecting you. It can increase the risk of heart related diseases, kidney disorders, liver disorders, and it can even cause blindness. With proper management of diabetes, all of these complications can be prevented. So, how can you manage diabetes properly?

For starters, diet is the most important factor. There are certain rules that you need to follow when it comes to when and what to eat in order for you to properly manage the disease. Generally speaking, a diabetic diet consists of low salt, low sugar, low carbohydrates, low fat, and high in whole grains and vegetables. The eating pattern is also important as you need to regulate your blood glucose level through the food you eat. To prevent your blood sugar level to go below the normal level, you need to eat snacks in between meals. This means that you need to eat snacks after breakfast, lunch and dinner.

Always keep in mind that what you eat is just as important as when to eat. This is basically the diabetes diet.

Exercise is also an important factor in properly managing diabetes. By exercising at least 30 minutes a day, you will be able to regulate your blood sugar level. You can try going for a jog, walk, or play sports, such as tennis, badminton, or basketball.

However, you also have to remember that diet and exercise alone are not enough to properly manage diabetes. You also need to constantly and regularly monitor your blood glucose level. You need to test your blood several times each day in order for you to carefully plan what you eat and also the activities you do for the day. You can do so with a device called glucose meter.

Also, some diabetics need insulin to regulate their blood glucose level. It is important that you should follow your schedule in taking medications or insulin, checking your blood glucose level, eating, and exercise strictly.

Living with diabetes is hard. That's a fact that you need to live by. However, it can be easily managed and still live a near normal life. With the proper knowledge and self discipline, you can be sure that you will be able to conquer the disease and live a full and healthy life.

Helpful Tips That Will Help You Conquer Diabetes

Diabetes is a disease where cure is yet to be found. It is a very serious disease that you will need to deal with for the rest of your life. It is also a disease that is one of the leading causes of death in the country.

It is a fact that having diabetes can be very depressing. In fact, many people felt depressed during the first few weeks of diagnosis. If you have diabetes, you may want to keep in mind that it's not the end of the world. You can still continue living a full and normal life. But, you have to do so with the disease.

What this basically means is that you need to know how to properly manage diabetes in order for you to live life much easier. By knowing how to properly manage diabetes, you will see that you will be able to conquer the disease and make your life a lot easier.

The first thing that you need to do is to gain as much knowledge as you can about the disease and also about how your body is affected by it. You have to remember that your best defense against diabetes is knowledge.

If you are diabetic, it is important to keep in mind that you should never skip a meal or eat much later than you usually do. This can cause significant drops in your blood sugar levels, which can cause a lot of unpleasant symptoms where the worst thing that can happen to you is experience diabetic coma. Also, instead of eating one large meal, you should go for small and regular meals. You also need to have small snacks after every meal to avoid hypoglycemia and keep your blood sugar level in an acceptable level.

Always keep in mind that diabetes cannot be cured. But, with proper management, you will be able to have control over it. By having a correct weight, you will see that it will go a long way in making the disease manageable. If you are overweight, you should consult your doctor about healthy weight loss diets for diabetics. Crash diets in diabetics are not only unhealthy but potentially fatal.

You may want to remember that diabetes is one of the leading causes of blindness. Diabetic retinopathy is a complication of diabetes, which affects the blood vessels in the retina. You may want to get your

eyes checked regularly in order to detect early signs of diabetic retinopathy. Also, stick to your medication in order for you to avoid or minimize the risk of getting diabetic retinopathy.

If you have type 1 diabetes or are insulin dependent, always have insulin injections with you all the time. Even if you are just going down the road to buy something from a store, you should never leave home without your insulin injections. In addition to that, you should try showing your friends and family how to inject it to you should you become unable to do it yourself. When you travel, always have spare supplies of insulin injections with you.

If it is possible, wear a medic alert bracelet that states that you are diabetic. This can really save your life in case you are involved in an accident or you suffer from diabetic coma while you are traveling.

These are some of the things that you should do if you are diabetic. With these tips, you can be sure that you will be able to make your life easier and really help you conquer diabetes.

Helping You Start Life Over Again and Conquer Diabetes

First of all, diabetes is a very serious disease that can potentially have life threatening complications. It is a disease that a lot of people are suffering today and is also a disease where cure is not yet in existent. Living with diabetes is hard and at times, depressing. Most people who get diagnosed with diabetes are overwhelmed and some are even depressed to the point that they think that their life is over.

However, with the modern treatment methods for diabetes types 1 and 2, you will see that it is possible for you to live a normal life or at least near it. Although this won't be easy in your part, you will see that it is possible for you to manage and conquer diabetes and live a full and satisfying life.

You need to keep in mind that diabetes will not only affect your lifestyle. It will also have a significant impact on your relationships, work, emotions, as well as your hobbies. It is important to remember that diabetes can be effectively managed, which can prevent or at least minimize the complications that this disease can bring you.

Diabetes is a depressive illness. With the psychological and social impact that this disease can have on the sufferer, you can never really blame the person suffering from this disease to become depressed. In addition to that, endocrine conditions that can be related to diabetes can also interact with the chemical systems in the brain that is responsible for governing the mood.

Being suddenly dependent on insulin and having to take care of what you eat and drink can make the sufferer feel as if he or she has lost control over their life. This kind of feeling is natural in the person suffering from this disease.

If you have diabetes and you have been recently diagnosed with the disease, you have to remember that your life isn't over. Instead of fighting the illness, you have to accept it. There is no way that the disease will go away on its own.

Along with accepting the illness, you have to accept everything that the illness may bring you. This may mean that you have to accept the changes you have to make in your life, like your eating habits, exercise, and also your activities.

For most people who are suffering from this disease, you will see that it doesn't necessarily have any effect when it comes to doing their job. There are many myths about diabetes in the workplace but you have to remember that with proper care and management of the disease, you can work the same hours, shifts, and also work as physically hard as the next person to you.

Having diabetes doesn't mean that you can't do your favorite sporting activities anymore. In fact, you can have diabetes and still be able to win tournaments. Having an active lifestyle is compatible with diabetes. In fact, doctors encourage people with diabetes to take on sports in order for them to have exercise, which can help regulate blood glucose levels.

Traveling is also possible even if you are diabetic. You can even travel overseas in different time zones. Just remember to consult your physician about it first and do a little research about the place you plan on going to. This way, you will be able to know if the place you are traveling to provides the medicine or insulin you need for treating or managing your condition.

As you can see, having diabetes doesn't mean that your life is over. You can still do a lot of things that people who doesn't have this condition do. All it takes is proper management and care. And, if you wholeheartedly accept the fact that you will be living with the disease for the rest of your life, the easier it will be for you. Living with diabetes is hard.

But, with patience and self discipline, you will find that every single day will become easier.

How to Live Healthy and Properly Manage Diabetes

Today, diabetes now affects around 16 million Americans and every year, approximately 800,000 new cases are diagnosed. Diabetes is a disease that attacks everyone. It can affect children, men, women, and the elderly. It is also a disease that spares no race. Whether you are black, white, Hispanic, Asian, or European, diabetes can affect you. This is why you need to know about the basics of living with diabetes.

First of all, this disease is the leading cause of kidney failure. It can also cause blindness, and can significantly increase the risk of you getting heart diseases, stroke and even birth defects. Amputations are also common in diabetics and it can significantly shorten the life expectancy by up to 15 years.

If you or someone you love is suffering from diabetes, then you have to know what you are up against in order for you to know how to live a normal life with the disease.

At first, you may be overwhelmed and get depressed upon knowing that you or someone you love has diabetes. You may even feel that this is a death sentence. But, you have to consider that you feel this because of your ignorance for the disease. Although diabetes still has no cure, you will see that there are

ways on how you can properly manage it in order for you or for the person close to you who is affected with the disease live a more normal life.

You need to keep in mind that even with diabetes a person can still live a full life. All it takes is extra care and proper management of the disease. The first thing you need to remember about diabetes management is the diet. The diet plays an important role in the life of a diabetic. You will need to put together a meal plan with a dietitian as well as the doctor.

In most cases, you will find that diabetics will have several meals a day. Aside from breakfast, lunch and dinner, you will see that small snacks are required in between. The meals should be taken at the same time every single day in order to help keep the body on a schedule and also regulate the blood sugar levels in the body. Skipping meals and snacks may lead to large swings in blood sugar readings, which is a very dangerous thing for diabetics.

In order for the blood sugar level within normal range, a diabetic should balance the food they eat with the insulin that the body gets from exercising as well as from injections. You can monitor the blood sugar level with a device called glucose meter. This will be able to keep you informed on the current blood sugar levels in the body, which can be very helpful in planning meals.

Diabetics should follow a certain meal plan as their body works differently from the person not suffering from diabetes. A diabetic should have low carbohydrate, low salt, low sugar, and high fiber diet. This will help regulate the blood sugar levels in the body and help prevent drastic changes in it.

Preventing or minimizing complications is your goal when managing diabetes. By strictly following the proper diet and proper eating schedule, you can be sure that you will be able to live a normal and full life.

How You Can Adjust Your Life with Diabetes

A lot of people with diabetes just can't seem to accept the fact that they have the disease. When doctors first tell people that they are diabetic most of them are overwhelmed and feel as if they completely lost control of their lives. This is understandable as diabetes is a very serious disease that has plenty of complications where some of which can be life threatening. Living with diabetes is not easy. But, there are ways where you will be able to properly manage the disease, which will also allow you live a normal life.

If you are diagnosed with diabetes, the most important thing that you should do is to get down to the basics. For starters, ask your doctor to write instructions down on how and when to take your medications. You may also want to ask them how often you should check your blood sugar level with the glucose meter device.

It will also help you out during the first few weeks if you seek help from your physician and a dietician or a nutritionist when it comes to planning your meals. They will also give you advice on how to plan your

own meals and also tell you what foods that you need to regulate, and what foods that you should eat plenty of.

With a written menu, you will be able to relieve a lot of stress after the initial couple of weeks of diagnosis.

You also need to understand more about what you cannot eat, and the amount of food that you can and cannot exceed. This way, you will have a more in depth knowledge about planning meals. A nutrition expert will be able to help you make a healthy diabetic diet and also teach you how to follow your diet effectively and easily.

If you need to lose weight, you will find that your nutritionist will be able to help you out when it comes to planning meals that will allow you to lose weight without compromising your overall well-being.

After you get the hang of the basics, such as eating according to your diet plan, checking your blood sugar level, taking your medications, and doing exercise, the next step is to continue educating yourself about the disease. Check for seminars and classes that involved diabetes management and care. Here, you will be able to learn how to take care of yourself and how you will be able to prevent complications brought upon by diabetes as well as how to deal with it.

Adjusting to a diabetic lifestyle is not easy, especially if you have grown accustomed to living the kind of life that led you to the disease. However, with time and patience, you will soon adjust to this kind of lifestyle and it will eventually become second nature to you. It is also very important to remember that if you have any problems concerning your health, you should always consult your doctor about it. They will be more than helpful in giving you advice as well as helping you cope with the disease.

Living with diabetes is not easy. But, with proper management and discipline, you will see that you will be able to eventually live a life that you can consider as normal. Remember these tips and you will be able to conquer diabetes.

How You Can Effectively Manage Diabetes and Live A Better Life

When people are first told by their doctors that they are diabetic, they often respond in disbelief. Some people are overwhelmed and get depressed. Besides, with no cure and the fact that you need to follow certain instructions on how to live your daily life, you too would be depressed and overwhelmed. It will seem like life suddenly turned for the worse. It is true that living with diabetes is hard and you will need to really adjust to literally a new lifestyle. But, you will see that you will be able to adjust and still live a more normal life despite the fact that you have diabetes.

From medication directions, to constantly monitoring and checking your blood sugar level, to doing a healthy exercise regime, you will see that this lifestyle change can really be difficult, especially if you are the type of person who is not accustomed to giving yourself an injection or monitor your own eating

habits. But, there are ways that will help you assist when it comes to managing your lifestyle if you are living with this disease.

If you were recently diagnosed with the disease, the most important thing that you need to do is to get down to the basics of managing diabetes. Ask your doctor for more information about diabetes and also ask them to write down instructions on how to take your medications. Also, ask them how and when to check your blood sugar levels and try writing it down. You should also have your doctor write your diet plan, which you can follow exactly. This diet plan will also serve as a guide for you as you will later plan all your meals yourself.

You should also meet a dietitian or a nutritionist who specializes in diabetes care. They will be able to tell you exactly and get you to understand what you can and cannot eat. They will also be able to tell you the amount of certain food that you can eat. With a dietician or a nutritionist, you will be able to have someone to help you make a diabetic diet and also help you how to follow the diet. If you need to lose weight the healthy way, then they will also help you plan a meal for you to follow in order for you to lose weight without compromising your health or aggravating your condition.

After you understand and adjusted to diabetes, the next step is to know more about the condition. Try to attend seminars and classes that specialize in diabetes as this will be able to help you learn how to properly care for certain conditions brought upon diabetes. These classes will also teach you how to protect yourself from the complications of diabetes

You should also learn how to deal with the disease while you are traveling. After you are well adjusted to the disease, you will now be able to live a more normal life with diabetes. At first, adjusting to a new kind of lifestyle can be difficult. However, after a few weeks, you will see that the diabetic lifestyle will become very natural for you.

Living with diabetes does not mean that it is the end of your life. It just means changing the way you live your life in order for you to live more normally. You will still enjoy life and still do most of the things you want to do. However, you will need to know how to properly manage the disease in order to prevent or minimize the effects of the complications brought upon by diabetes.

How You Can Minimize the Complications Associated With Diabetes

Diabetes is a very serious disease that will need you to change your lifestyle. If you are diagnosed with diabetes as an adult, then you will have diabetes type 2. When you developed diabetes as a child, then you have diabetes type 1. Although diabetes can have serious complications, there are ways on how you will be able to effectively manage the disease and live a normal life.

Statistics suggests that 5 percent of the world population suffers from diabetes. There is no cure yet for the disease but there are ways on how you can manage it. By knowing how to manage the disease, you

will be able to minimize the complications associated with diabetes as well as allow you to live a more normal life.

The key to managing diabetes is by knowing how to take care of yourself. Not only that you should exercise regularly, but you also need to consider your diet. Generally speaking, a diabetic diet should be low on salt, sugar, and carbohydrates. Vegetables, fruits, and whole grains are recommended for people who are suffering from the disease.

People who are suffering from diabetes have higher risk of getting heart disease, teeth and gum disease, kidney failure, and even blindness. You need to understand that this is a very serious disease that you should respect and be very concerned about. It is not something that you should ignore as there are serious complications associated with diabetes, which can take a very negative toll on your health.

Diabetics also have higher risk for infections. For example, if the feet gets injured, it can get infected, which can lead to amputation if left untreated.

People suffering from the disease should regulate their blood glucose levels. It should be between the range of 80 and 100. You need to know that hyperglycemia and hypoglycemia are two very serious conditions that diabetics can experience. These conditions can be life threatening if left untreated and it can even lead to organ failure.

Exercising is very important if you are diabetic. This will allow your body to use the carbohydrates you consume as well as keep the blood sugar levels in your body consistent. Try to exercise at least 30 minutes every day. You can go jogging, 30 minutes of brisk walking, and you can also play physical sports, such as tennis or badminton.

Skipping meals is a big no-no if you are living with diabetes. You need to keep in mind that your body needs food in order for you to tell the pancreas and the liver to function and do their jobs despite the fact that these organs don't really do good jobs anymore. Eat small amounts of food throughout the day in order to keep the insulin levels in your body balanced and prevent it from spiking or dropping drastically.

Drinking alcohol is prohibited if you are taking prescription medications for treating diabetes. If you do drink and you think that you have to drink, try to drastically reduce the amount of alcohol you consume. One glass of wine or one bottle of beer every once in a while is enough.

These are the things that you need to remember when you have diabetes. Although living with diabetes will require you to change your lifestyle and you may get uncomfortable at first, you will see that in time, you will be able to adjust. Minimize the complications associated with diabetes by changing your lifestyle which can help manage the disease.

Living With Diabetes: Diabetes in Teens and Young Adults

Diabetes is a disease that can affect everyone. Whatever the age, sex, and race are, diabetes can affect everyone. Today, there are more than 16 million Americans who suffer from this disease. And, 800 thousand new cases are diagnosed each year. Living with diabetes can be hard especially for teenagers and young adults.

You have to consider that the rapid mental, physical and emotional growth of teens can add to the challenge in managing the disease. With the taking of insulin, monitoring blood glucose levels, and strictly following a meal plan, it can be very tiresome for teenagers and can really add to the difficulties of just being a teen.

Most teens tend to ease up on diabetes care and tend to act like everyone else. This is understandable as they are in the age where pressure from friends can really affect them.

Psychologically, you have to remember that the teen years are the years where the teen will test their limits, which includes testing his or her limits with diabetes. At some point, they will even refuse to adhere to their meal plans, skip insulin injections and they may even stop checking their blood glucose levels. In most cases, teens who do this suffer from the consequences of not taking the disease seriously. They may get hospitalized for DKA and can experience serious hypoglycemic actions. They often get discouraged in continuing testing their limits and will eventually try to follow the management care for diabetes.

However, there are some cases where teens refuse to do certain tasks in connection to the disease. Even if they experience the serious complications that diabetes has, some teens tend to consistently refuse to follow certain procedures in order to manage diabetes. As a parent, you need to find out why.

If you find out that the diabetes plan is too rigid, try adding more flexibility to it in order to make it easier for them to follow. Giving rewards is a great way to encourage them to follow the tasks designed to manage the disease. Set a goal in what he or she needs to achieve in order for them to be encouraged.

You also need to remember that the hormones that cause puberty can eventually affect the blood glucose levels. It can be very unpredictable and can really make diabetes a lot harder to manage. So, try to avoid blaming your teen for having high or low blood glucose levels. It may not be their fault and they may already be trying hard to keep it within the acceptable range.

Because of the unpredictable blood glucose levels that the hormones can cause, try encouraging your teen to work with you in order to solve the problems caused by this kind of situation. Instead of scolding them because of their unpredictable blood glucose levels, try to find a way to praise his or her efforts in trying to keep it in acceptable levels, especially if he or she gets frustrated with it.

These are the challenges that you need to expect when you are living with a teen affected by diabetes. Being a teen with diabetes is very hard, which is why you need to understand them more. With patience and perseverance as well as self discipline, your teen will be able to live a life that is as normal as possible.

Preventing Foot Ulcers

Diabetes is a disease that can have a lot of complications. This chronic lifestyle disease can increase the risk of heart diseases, kidney disorders, blindness, circulatory problems, and it can even cause foot ulcers that can end up requiring amputation of the lower limbs.

Foot ulcers are very common among diabetics. It is important that you should know how to prevent this from happening to you as this is the most common cause of non-traumatic amputation of the lower limbs. Any person with diabetes can have foot ulcers. However, there are several factors that significantly increase the risk. By learning about the factors that increase the risk of foot ulcers, you will be able to know how to effectively prevent it.

Poor blood glucose control is one major factor that increases the risk of developing foot ulcers. Other factors that significantly increase the risk of developing foot ulcers in diabetic patients are sensory neuropathy, poor circulation, poor foot healthcare, inappropriate or ill fitting footwear, foot deformity, and history of previous ulceration.

If you are suffering from diabetes and that you have neuropathy and reduced or poor circulation, then you are very likely to get foot ulcers. This is a classic example of the causes of foot ulcer. If you decide to go on a long walk with new shoes and that you have neuropathy and poor circulation, then it is very likely that you will develop foot ulcers. The new pair of shoes and the duration of the walk can cause chaffing in the feet, which you will not feel as you have loss of feeling in the feet or because of sensory neuropathy. The chaffing will then develop in to a blister, which you will not notice for the same reason.

As a result of poor circulation of blood, the blister will not be able to heal, which can turn in to an ulcer.

This is one scenario that can possibly cause foot ulcer. Other classic cases would be getting an ingrown toenail which can injure your feet and cause foot ulcers.

Here are ways on how you can prevent foot ulcers. By following these tips, you can be sure that you will be able to decrease the risk of developing foot ulcers and decrease the likelihood of amputation.

The first is to check your blood glucose level regularly. By doing so, you will be able to effectively monitor and regulate your blood glucose levels at acceptable levels.

In addition to that, checking your feet using a mirror is a must especially if you have sensory neuropathy. By doing so, you will be able to know if you developed chaffing in your feet, which can develop in to blisters then in to foot ulcers.

Cleaning the feet with warm water and mild soap can also help prevent foot ulcers. Always remember that after every washing, you need to dry your feet thoroughly especially between the toes.

If you are cutting toenails, never cut down in to corners as this can cause an ingrown toenail to develop. Instead, try cutting the toenails straight across. If you are unsure on how to properly cut your toenails, you should consult a podiatrist.

Appropriate footwear is necessary for diabetics. Make sure that the shoes you get fit you adequately. Consult your podiatrist in order to make sure that the shoes you get is comfortable and one that has enough space for your feet that it will not cause injuries.

These are some of the ways to prevent foot ulcers in diabetic patients. By following these tips, you can be sure that you will decrease the risk of getting foot ulcers, which will basically reduce the risk of amputation.

Six Ways to Properly Manage Diabetes

Having diabetes can be hard for many sufferers. It can drastically change the way you live your life, which can be hard to adjust to and it can also cause a lot of complications that can seriously affect your overall well-being. Although living with diabetes is hard, there are ways on how you will be able to properly manage the disease in order for you to live a near normal life.

First of all, you need to understand that diabetes is a condition where the body is unable to provide enough insulin in order to convert sugar in the blood to energy. In some cases, the insulin provided by the pancreas is not properly used by the body. This results in high blood sugar level in the body, which can have serious complications to your overall well being.

Now that you know about diabetes, the next step is to know about how you can properly manage the disease. First of all, you need to remember that there is no cure yet available for treating diabetes. However, there are several treatment methods that will be able to help you manage the disease and keep your blood glucose level inside the acceptable range.

The key to treating diabetes is to control the blood glucose level. By doing so, you will be able to properly manage the disease and be able to live a life that you can consider to be normal.

The first way to properly manage diabetes is by monitoring and recording your blood sugar level count. You can do this with a glucose meter device, which can be purchased in your local pharmacy. By effectively monitoring your blood glucose level, you will be able to effectively manage the disease.

The second way to manage diabetes is through proper diet. You have to remember that a diabetic diet is different from a normal and healthy diet. People suffering from diabetes should keep in mind that what they eat is just as important as when they eat. Generally speaking, a diabetic diet should be low in fat, low sugar, low salt, low carbohydrates and should be high in vegetables, and whole grains.

The third way to properly manage diabetes is through exercise. Exercising will not only keep your body healthy, but it will also be able to help in regulating the blood glucose levels in your body.

The fourth way to manage this disease is by attending seminars concerning diabetes. In these seminars and classes, you will be able to gain more knowledge about the disease and also find out new ways on how to effectively treat or manage it.

The fifth way to manage diabetes is through discipline. Avoid being tempted by foods that are high in fat, sugar and salt. It may look delicious but it can have serious effects on your overall well being considering the fact that you are diabetic.

Lastly, in order to really manage diabetes, you need to know how to adjust in a new lifestyle. Diabetes will literally change the way you live. It will affect everything in your life, such as your diet, exercise, relationships, and hobbies. By accepting the disease, you will see that it will be easier for you to live with it, which means that it will be easier for you to manage it.

Remember these tips and you can be sure that living with diabetes will never be hard. It may be challenging at first but as soon as you accept the disease, you will find that it will be easier for you to live a normal and full life.

The Challenges That You Should Expect In Children with Diabetes

It is a fact that having a child suffering from diabetes can pose new challenges and worries. It can be very stressful for parents and the child, and that it will seem that this is a death sentence to your child. However, children with diabetes can still live a full and normal life. With proper management, living with diabetes can be easy and normal.

Having an infant or toddler diagnosed with diabetes can be very frightening. They don't know anything about the disease and it can really be challenging for parents to manage and treat the disease as the child have no way of communicating what they are feeling.

The same situation goes for preschoolers with diabetes. They really haven't learned to recognize the symptoms of having low blood glucose level and they will never be able to tell others when they are feeling low. This is why it is very important to constantly check the blood glucose level of your child as often as possible.

However, you need to understand that the child may be frightened by lancets poking their fingers and regular insulin shots. You should expect that they will try anything in order to avoid it or at least try to delay it from getting them. It will help if the parents talk to the child and tell them that they know it hurts and also tell the children that they are being very brave. Stickers and rewards will help encourage the child to get the insulin shot or get pricked by the lancets for drawing blood for sample. Instead of scolding or threatening them with punishment, always use positive reinforcements.

However, keep in mind to avoid using food as rewards as this can lead to an unhealthy relationship with food.

You also need to keep in mind that children with diabetes can have the same fussy eating habits as other children who are not suffering from the disease. It is best not to force the child to eat the certain food you are offering them. Instead, try offering them a different kind of food, which is also good for their diabetic diet. You can also offer them juice or milk instead if they really don't want to eat.

During school age, your children will start wanting to be like their peers. It will be often difficult for them to understand why they are different from other children as they need to take insulin and have to follow a certain meal plan. Usually, the best way to handle this kind of situation depends entirely on the personality of your child.

Some children wants to show off to their classmates about their condition, such as they try to check their blood glucose level themselves and even try giving themselves an insulin injection for show and tell. Some older children with diabetes even presented the disease as science projects. However, you need to keep in mind that there are children that will not want to bring the disease they are suffering from on center stage.

They prefer to keep quiet about it and it is important for you to let your children decide who to tell about their disease and how much to tell. However, it is important to tell teachers, coaches, family, and close friends about it in order for them to understand what your child is going through.

These are the challenges that you should expect when living with children with diabetes. It can be very challenging and depressing at first but after a while, you will see that you and your child will be able to adjust and live a normal and full life.

The Diabetic Diet

Diabetes is a very serious condition where cure is not yet available. The complications that diabetes can bring can be very serious and can really be life threatening. However, you may want to remember that the complications that diabetes can bring can be avoided if the disease is managed properly. Living with diabetes has certain limitations which include changes in your lifestyle. This can include limiting yourself from indulging in food. If you don't, the disease may be aggravated, and can cause more serious conditions which can make life a lot harder for you to live.

Being diabetic means that you need to follow a certain diabetic diet in order for you to moderate your blood glucose levels. You have to remember that your blood glucose levels shouldn't be too high or too low in order to avoid the complications that diabetes can bring.

But, before you start following a specific diabetic diet, you need to know the difference between type 1 and type 2 diabetes. Many people think that both types of diabetes are the same that the same type of

management should be applied. Type 1 diabetes is when the pancreas is unable to produce enough insulin in the body in order to control the rising blood sugar levels.

When this happens, the beta cells in the body take over. Although the beta cells are supposed to produce the required amounts of insulin in order to counteract the rising blood sugar levels, it is doomed to fail as there is too much pressure from the gradually increasing blood glucose levels.

People suffering from type 1 diabetes should watch their blood sugar levels as too much of it can damage internal organs, which can lead to more serious conditions and even death.

In order to moderate the blood sugar levels in the body, taking medications as the doctor prescribed is important. These medicines will be able to regulate the amount of sugar in the blood. However, it is still highly recommended that you should follow a diabetic diet in order for you to effectively manage diabetes.

For people following the diabetic diet, when to eat is just as important as what to eat. What this means is that it's not just about what you are eating that will help regulate the blood glucose levels in your body, but it is also important to know when you should eat. Generally speaking, healthy diets for diabetics are eating foods that are low in carbohydrates, sugar, and salts. The diet should contain ample amounts of vegetables, whole grains, and fruits.

Although you need to limit the amount of sugar intake, it is still important for you to carry around candies and sweets as you travel especially if you are taking medications that lower blood glucose levels. This is because suffering from hypoglycemia or extremely low blood glucose levels is just as dangerous as hyperglycemia or high blood glucose levels.

At first, living with diabetes can be very hard in your part, but it is very essential. In time, you will be able to adapt to this kind of lifestyle and effectively manage the disease. Living with diabetes can be hard at first. But, once you adjust, you can be sure that you will find it easy to manage, which will enable you to live a more normal life.

The Keys to Managing Your Glucose Levels Effectively

Diabetes is one of the most serious diseases plaguing society today. It is a disease where it is associated with serious complications, and it is also a lifestyle disease. Living with diabetes is hard. However, you will see that there are ways on how you can effectively manage diabetes in order for you to live a life that is as normal as possible.

First of all, you need to remember that the key to managing diabetes is by knowing how to regulate or efficiently manage the body's blood glucose levels. By maintaining the blood glucose levels in acceptable levels, you will be able to prevent or at least minimize the complications brought upon by diabetes.

The key to regulating blood sugar levels is through proper diet and exercise. You also need to religiously follow doctor's orders when it comes to taking your medications. It's not easy at first but in time, you will get used to the idea of carefully planning your meals, exercising, and taking your medications exactly as how the doctor instructed.

If you are finding it hard to plan your meals, consult a dietician who is experienced working with diabetics. This way, you will be able to have an idea on how to prepare your meals. After a few weeks, you will be able to plan and make your own meals with ease.

The general rule for diabetic diet is that you should have low fat, low salt, low sugar, and low carbohydrate diet. It should be rich in vegetables and whole grains. This is not only recommended for diabetics, but it is also considered as a healthy diet for everyone.

When it comes to exercise, go for cardiovascular exercise. This will strengthen your heart and significantly reduce the risk of heart related diseases. And, it will also help the body control the blood sugar level more efficiently. Just keep in mind that your exercises should be low impact exercises. This means that the exercise you choose shouldn't be too hard on your feet. Swimming, cycling and walking are examples of low impact exercises. You can also purchase an elliptical trainer as this too will be able to give you a great workout with less stress on your feet and knees. This is very important especially if you are suffering from sensory neuropathy where you may not feel blisters developing on your feet which can cause feel ulcers, infection and eventually amputation.

In addition to that, you have to wear special shoes designed for diabetics. These shoes have soft soles which helps prevent injuries on the feet and also reduce the stress.

For following your medications, you should always have the instructions written down and placed somewhere where you will be able to read it, such as on your fridge. This will help remind you when to take your medicine and lessen the risk of forgetting to take your medications, which can result in your blood sugar levels spiking or dropping.

Lastly, you have to remember that stress can make your blood sugar levels spike up. So, you can manage diabetes by managing stress. Take stress management classes and therapy. Here, you will be able to learn how to reduce stress, which will contribute to regulating your blood sugar levels

These are the keys to managing your glucose levels effectively. As a diabetic, you will still be able to live a normal life. The key here is to properly manage the disease through managing the blood sugar levels in your body.

The Psychological Aspect of Diabetes

When people are diagnosed with diabetes, most of them are overwhelmed by the fact that they have this very serious disease. Some of them get frustrated or depressed, while others avoid a final diagnosis because they are in denial and don't want to know that they are already diabetic.

You have to remember that living with diabetes is hard. This is why you need to understand people who have diabetes go through the denial phase. This disease can take a toll in a person's psychological health. Some get really depressed and stressed that it will aggravate the condition more.

Lifestyle changes should be made if you are suffering from diabetes. And, this can take quite a long time for the person suffering to get used to. Changing one's lifestyle is something that cannot be achieved overnight. Some may require dramatic intervention in order to get them to follow a diabetic lifestyle.

When people get depressed, most of them resort to overeating, drinking and even smoking. This is definitely something that diabetics should avoid. It may provide comfort at first but if you are a diabetic, then it can take a serious blow to your overall well-being.

If someone gets diagnosed with diabetes, they tend to go through the three emotions before they get to accept the disease as part of their life. They go through denial, anger, guilt. In the denial phase, people tend to use this emotion in order to avoid the changes they would have to make in their already comfortable life. Anger is also felt by people who get diagnosed by this disease. In most cases, they blame everyone. They blame their family, friends and they even blame their doctor for the disease. They also ask the question why they have to suffer from the disease.

Guilt is also another psychological phase that people who are diagnosed with diabetes go through. They tend to blame themselves for getting the disease and this can often lead to depression. Some even set out subconsciously to punish themselves for it.

Support from family and friends are important in order to minimize the depression they feel. By doing this, it will help in accepting the disease and that they have to live with it for the rest of their lives. The key here is to help the person suffering from diabetes to accept that they have the disease.

Another way to get the person diagnosed with diabetes to readily accept the disease as already part of their life is to educate them about diabetes. You have to remember that although diabetes is a very serious condition, there are ways to manage it effectively to the point that they will be able to live a normal life.

Once the person suffering from diabetes accepts that he or she has the disease, the easier it will be for them to live life. All it takes is a little support and education. Through these things, you can be sure that you will be able to help someone cope with diabetes.

Always keep in mind that diabetes can easily be managed if the person suffering from the disease accepts it and try to live with it as best he or she could. Through acceptance, life with diabetes will be easier for them to live.

Things That You Should Know About Stress and Living with Diabetes

When people are first diagnosed that they have diabetes, they often get overwhelmed and some even gets depressed. This is a very emotionally stressful moment for them. Besides, you too would be stressed upon knowing that you have this very serious disease where cure is yet to be found and a disease that will require you to change your lifestyle.

Living with diabetes is not easy. However, you have to remember that you will still be able to live a normal life if you only manage the disease effectively. One way to manage the disease is by living a healthy lifestyle. What this means is that you need to eat the right kinds of food, exercise, and take your medications as the doctor prescribed.

However, have you ever considered the fact that stress is also a major factor contributing to diabetes management? Stress can significantly increase the blood sugar levels in the body. As a diabetic, this is not a good thing. You need to keep your blood sugar levels regulated as your body does not produce enough insulin to use the glucose or that the body is not using the insulin provided by the pancreas correctly.

Stress is basically a reaction that the body goes through in certain situations. If you are physically or emotionally stressed, hormones in the body are produced. Also, glucose levels in the blood are increased. This is called the fight or flight reaction.

Not only does stress increase the blood sugar levels in the body, but it will also lead someone to abandon their exercise program. Some people who are stressed react by eating too much as well as drinking too much alcoholic beverages. These things are known to provide comfort to the stressed person and are important that you should know about it especially if you are diabetic.

Reducing stress or stress management is the key. One great stress relief is exercising. You will see that exercising will be able to significantly reduce the amount of stress you feel. And, it is also healthy for your body especially if you are diabetic as exercise can help regulate blood sugar levels in the body.

Going to stress therapy sessions or classes is also very important. This way, you will be able to learn the different techniques that will allow you to control your stress levels. By controlling or effectively managing your stress, you will be able to reduce the chances of raising your blood sugar levels.

Sleeping is also known as a stress reducer. Also, sleeping is known to improve the ability of the body to use glucose, which will eventually lower the blood sugar levels in the body, which means that you will be less likely at risk of experiencing hyperglycemia. Poor sleep can impair the ability of the body to use glucose, which is a bad thing if you are a diabetic.

As you can see, diabetes is not only about exercise, diet and medicine. But, diabetes is also about knowing how to manage stress. By effectively managing stress, you will be able to effectively manage

diabetes. As mentioned before, diabetes is a lifestyle disease. If you live a healthy lifestyle, then you will be able to effectively manage diabetes.

In fact, people who follow a strict healthy lifestyle don't even need medications at all. Some diabetics can regulate their blood glucose levels with diet and exercise alone.

Tips That Will Help You Manage the Diabetes Better

Diabetes is a disease where cure is not yet available. It is a very serious disease that has a lot of complications which can be potentially life threatening. This is why you need to know how you can start living with diabetes in order for you to live a more normal life with the disease. By knowing how to live with diabetes, you can be sure that you will be able to minimize the complications and also have a life that is normal regardless of having the disease.

First of all, you need to understand that diabetes affects a lot of people. In fact, 5 percent of the world's population has diabetes. With no cure for this disease, all you can really do is effectively manage it.

In order to effectively manage diabetes, you need to be able to keep your blood glucose levels normal. You have to understand that diabetes is a condition where the body is no longer able to control the amount of sugar in your blood. This condition can lead to hyperglycemia and hypoglycemia. Just because you are diabetic, it doesn't mean that you have to keep your blood sugar levels low. You don't want your blood sugar levels to drop and you also don't want it to spike up.

You have to remember that you need to keep your blood sugar levels at a stable level. If it constantly spikes up or drops down, you will be more at risk of developing serious complications, such as heart disease, gum disease, blindness, and even kidney failure.

In order for you to manage diabetes effectively, you need to go through a lifestyle change. It may not be easy at first but it will help you minimize the complications brought by diabetes.

The first important factor in order for you to manage diabetes is your diet. A diabetic diet should be low carbohydrates, low sugar, low salt, and high fiber. Also, it is important that diabetics should not skip meals. As a diabetic, what you eat is just as important as when you eat. There's an eating pattern that you need to follow in order for you to avoid experiencing hypoglycemia, which is a potentially life threatening condition.

Exercise is also very important to stabilize your blood sugar levels. You need to at least exercise 30 minutes a day in order for you to keep your blood sugar levels at a consistent level. You can go jogging, walking, or play physical sports, such as tennis, or badminton.

Diabetes is a very serious disease that has a lot of complications which can potentially threaten your life. However, there are ways on how you will be able to manage the disease easily. All it takes is a little self

discipline. With this, you can be sure that you will still be able to live a normal life despite the fact that you are living with diabetes.

Living with diabetes shouldn't be a burden. You can still do the things you want to do in order for you to be happy with your life. However, you still need to have self-discipline and learn to adjust to a new lifestyle. Managing diabetes is about living a healthy life. By living healthy, you can be sure that diabetes will not affect your life in a negative way.

Understanding Diabetes for Helping You Live a More Normal Life

So, just what is diabetes and why are many people so worried about this disease affecting them? For starters, diabetes is a condition where the body doesn't produce enough insulin. Insulin is produced by the pancreas which helps the body cells absorb blood sugar or glucose to convert it in to energy. What the insulin does is that it keeps the blood sugar level in the body normal and at a healthy level.

If you have diabetes, it basically means that your body is not able to produce enough insulin or that your body isn't able to properly use the insulin that your pancreas produces. When this happens, your body's blood sugar level or blood glucose level rises to dangerous levels, which if left untreated, can have serious complications to your overall well-being.

There is still no cure found for diabetes. But, it can be managed. You have to remember that diabetes can increase the risk of heart diseases, stroke, blindness and even kidney damage. Any wounds you get takes longer to heal and are more likely to get infected. People with diabetes can develop skin disorders and foot problems that may end up in amputation.

You can prevent or at least minimize these things from happening to you through proper management with the correct diet, medication, and exercise.

Living with diabetes is not easy. You need to change your lifestyle. You have to be aware of the food you eat, when you eat, and you also have to exercise and strictly follow your medications. Managing diabetes also means that you need to constantly and regularly monitor your blood sugar level. This means that you have to get your own glucose meter device, which will be able to help you monitor your blood sugar level.

You need to keep in mind that diabetes is a disease where you don't necessarily feel anything. But, there may already be bad things going on inside your body if you don't get it treated. The best way to treat diabetes is by regulating or by keeping your blood sugar level at an acceptable level.

Hyperglycemia isn't the only problem that you will experience if you have diabetes. You will also experience hypoglycemia or low blood sugar level. These two can be potentially life threatening, which is why you need to follow a string diet and exercise plan. You also need to follow doctor's orders and keep up with your medications.

By keeping your blood sugar level at an acceptable level, you will be able to minimize the risk of diabetes-related complications, such as kidney disease, heart disease, stroke, blindness and foot and skin disorders.

To make it easier for you to manage the disease, you have to learn how to accept the disease. Most people are left in denial that they have the disease and often neglect proper treatment until it is too late. If you accept that you are going to put up with this disease for the rest of your life, the easier it will be for you. Always keep in mind that proper management is the key to living a normal life with diabetes.

Through these tips, you can be sure that you will be able to conquer diabetes and let you live a full and a life that is as normal as possible.

Why Stress Is a Major Factor in Diabetes Management and Care

Everyone experiences stress every once in a while. It is basically unavoidable. Besides, if you see something stressful or you are in a stressful situation, you will definitely experience it. However, you have to remember that if you are a diabetic, stress can have negative impact on your overall well-being. Living with diabetes is stressful enough. But, you need to remember that stress can also have its effects on the body, which can aggravate diabetes.

First of all, you need to understand what stress does to the body in order for you to fully understand why stress can have negative effects in people with diabetes.

Basically, stress is something your body feels when something happens that makes your body feel that it is under attack. The source of stress can be emotional or physical. It can be triggered by stressful events, such as marriage problems, or by someone striking you or hurting you.

When you are in a stressful situation, your body reacts and tends to gear up as if it is waiting to take action. This is when the levels of many hormones found in your body increases. This response from the body is what many people know as the fight or flight response.

Stress can become a problem for people suffering from diabetes as stress triggers a body response that pumps sugar in to the blood. Therefore, stress increases blood sugar levels, which you don't really need if you are a diabetic. You have to remember that being diabetic means that you don't have the amount of insulin to use the extra sugar in your blood as energy.

In addition to that, people tend to overeat or drink alcoholic beverage when they feel stressed. This is also something that diabetics should avoid. Because it will play havoc in your blood sugar levels, you will be entering a very dangerous situation when you get stressed.

Stress is a bad thing for diabetics as it increases blood sugar level. It also encourages people to go on binge eating and drinking. This is why stress management is recommended for people suffering from diabetes.

To effectively manage stress, the best thing that you can do is to avoid stressful situations altogether. By not being in a stressful situation, you will be able to prevent stress from affecting you and affecting your already serious condition.

If you think that your work hours are stressful, try to talk to your supervisor about it and get it changed. It is very important that they know about your condition in order for them to assign you to a more suitable work hours.

If you can, go to relaxation therapy. Here, you will be able to learn relaxation techniques that can be very beneficial for you. Exercise is also an excellent stress reliever. Go to the gym, walk, jog, or go cycling or swimming. You will not only help alleviate stress through exercise, but you will also be able to get your body to become healthier. Exercising has other benefits to diabetics too.

Always remember that stress will never go away. Time and time again, you will eventually feel it. The only way to solve this problem is by knowing how to manage stress. If you manage stress effectively, you can be sure that you will be able to manage diabetes.