

7



4

Problem-Solve
Be mindful of high and low variances in your blood sugar, so you can make needed adjustments.



5

Reduce Risks
Follow healthy behaviors, see your doctor regularly for needed tests, quit smoking or vaping, and brush and floss daily.



6

Stay Active
Each week, get at least 150 minutes of moderate aerobic activity and reduce sedentary behaviors.



7

Take Medications
Take your medications as prescribed at the right time, dose, frequency and duration.

SELF-CARE TIPS FOR DIABETES

When our to-do list seems endless, our excuses help us brush it off. After all, many household tasks can wait, but this tactic is dangerous if you have diabetes. When unmanaged, diabetes can lead to blindness, heart disease, kidney failure, limb amputation and premature death. You can reduce your risk for complications and improve your health with these seven self-care tips.



1

Cope Well
Be realistic with your goals and how to achieve them. Look to family members, friends and your diabetes care team for support.



2

Eat Healthy
Balance your diet with fruits, lean proteins, low-fat dairy, nonstarchy vegetables and whole grains.



3

Monitor Routinely
Get regular checks of your blood pressure, blood sugar, cholesterol, eyes, feet and weight.

Living With Diabetes

North Kansas City Hospital's comprehensive Living With Diabetes program, accredited by the American Diabetes Association, offers group and one-on-one educational sessions led by a diabetes educator. Learn the basics of diabetes and get tips on how coping strategies, blood glucose monitoring, meal planning, physical activity and proper medication can help you live well.

 nkch.org/Diabetes