Managing Diabetes: It’s Not Easy, But It’s Worth It

By the National Diabetes Education Program

If you have diabetes, you know the day-to-day steps needed to manage diabetes can be hard. Managing diabetes can be easier if you set goals and make a plan.

People who keep their A1C below 7 in the early years after they are diagnosed with diabetes have fewer problems with their eyes, nerves, and kidneys, and have fewer heart attacks later in life. Your A1C measures your blood glucose (blood sugar) over time. Most people, especially those who have just been diagnosed, should aim for an A1C of less than 7. If you have had diabetes for a long time, have other health problems, or have problems with low blood sugar, your A1C target may be higher than 7. Talk with your health care team about your blood glucose targets. Yours may be different from others.

“Diabetes management is not just about your blood glucose,” says Martha Funnell, M.S., R.N., C.D.E., chair of the National Diabetes Education Program (NDEP). “Keeping your blood pressure and cholesterol on target can also help to lower your risk for heart attack and stroke as well as other diabetes problems.”

Take Steps to a Healthier You with Diabetes HealthSense

Diabetes HealthSense, an online library of resources compiled by the National Diabetes Education Program (NDEP), has resources to help you make lifestyle changes and cope with the demands of diabetes.

Whether you are living with diabetes or taking steps to prevent or delay type 2 diabetes, Diabetes HealthSense can help you set goals and make a plan for healthy changes – such as eating healthier foods, being more active, managing your weight, coping better with stress and emotions, or stopping smoking – to live a healthier you.

Take your first step toward living well today by visiting Diabetes HealthSense on the NDEP’s website at www.YourDiabetesInfo.org/HealthSense.
Directions:

1. In a small bowl, mix the cucumber, tomato, onion, and feta.
2. In separate bowl, whisk together the garlic, vinegar, sweetener, oil, salt, and pepper.
3. Toss with the cucumber mixture. Chill until serving.

Ingredients:
- 2 medium cucumbers
- 1/2 tsp oregano leaves
- 1 cup chopped tomato
- 1/2 cup red onion, sliced
- 1/2 cup crumbled feta cheese
- 1/2 tsp minced garlic
- 1/3 cup distilled white vinegar
- 1/2 tsp sugar substitute
- 3 tbsp olive oil
- 1 pinch salt and pepper

Nutrition Facts:
- Makes 6 servings
- Amount per serving:
  - Calories 115.2
  - Total Carbs 5.1g
  - Dietary Fiber 1.6g
  - Sugars 3g
  - Total Fat 9.5g
  - Saturated Fat 2.8g
  - Unsaturated Fat 0.8g
  - Potassium 163.2 mg
  - Protein

Would you like a chance to win one of three $500.00 cash incentives just for taking a few minutes to learn more about your health status and how to improve your general fitness and overall well-being? Fill out your wellness profile today! At the end of the profile, you will be given a chance to enter your name into the contest. Just visit our website at www.lcdhd.org and follow the links to the health and wellness calculator.

Come to a Diabetes Class to help you stay or get back on track!
Our Diabetes Self-Management Classes are now ACCREDITED by the American Association of Diabetes Educators!