



Tips for Diabetes Management



Bridge to Health
Connecting You to Local Resources



What is Diabetes?

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy by using a hormone called insulin. If diabetes is not treated, it can cause very serious health problems such as heart disease, vision loss, hearing loss, kidney disease, and nerve damage. So make sure you know the signs!

Symptoms of diabetes include:

- Dehydrated/thirsty
- Urinate frequently
- Blurry vision
- Numb or tingling hands or feet
- Sores that heal slowly¹

There isn't a cure yet for diabetes and unlike many health conditions, diabetes is managed mostly by you. Managing diabetes can seem hard at first, but the tips below can help reduce the impact of diabetes on your life.



Talk to Your Healthcare Provider

- Your healthcare provider can find out if you're at risk of having diabetes.
- They can order blood tests to see if you have prediabetes or diabetes. If your blood glucose is high, they may prescribe medication to lower it.
- They may check your blood glucose frequently to see if the treatments are working. They may also order other tests to see if there has been damage to different parts of your body.



Check Your Blood Sugar²

- Keeping your blood sugar levels in your target range is important to help prevent or delay long-term health problems.
- The best times to check your blood sugar include:
 - When you first wake up, before you eat or drink anything, or at bedtime.
 - Before a meal or 2 hours after a meal.



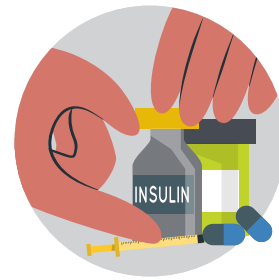
Get Moving!⁴

- Physical activity can help lower your blood sugar levels.
- Try to do some form of physical activity that you enjoy every day (20-25 minutes of activity).



Eat Nutritious Foods³

- Eating well is the key to managing blood sugar. Looking to eat nutritious foods in the right amounts at the right times helps your blood sugar stay in your target range.
- In general, try to eat foods that are higher in vitamins, minerals (such as calcium and iron), and fiber. Try to eat fewer foods that are high in added sugars, saturated and trans fat, and salt.



Take Your Medications

- Your healthcare provider may prescribe insulin, other injectable medications, or oral diabetes medicines to help manage your blood sugar.

Visit [Bridgetohealth.com](https://www.bridgetohealth.com) to find out more and connect to local programs and services



Bridge to Health is a community partnership program brought to you by Quest Diagnostics.

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¹ Diabetes Symptoms. Centers for Disease Control and Prevention website. Reviewed April 27, 2021. Accessed July 12, 2021. <https://www.cdc.gov/diabetes/basics/symptoms.html>.

² Manage Blood Sugar. Centers for Disease Control and Prevention website. Reviewed April 28, 2021. Accessed July 9, 2021. <https://www.cdc.gov/diabetes/managing/manage-blood-sugar.html>.

³ Eat Well. Centers for Disease Control and Prevention website. Reviewed September 19, 2019. Accessed July 9, 2021. <https://www.cdc.gov/diabetes/managing/eat-well.html>.

⁴ Get Active! Centers for Disease Control and Prevention website. Reviewed April 24, 2018. Accessed July 9, 2021. <https://www.cdc.gov/diabetes/managing/active.html>.