

Diabetes: 7 Steps to Living Well

Diabetes can be managed well with good self-care. Listed below are seven behaviors that correlate with good blood glucose control, reduced risks of complications, and improvement in quality of life. **What is your motivation to manage diabetes?** Please check the boxes for items you are interested in; we will be happy to assist you.



- What foods have carbohydrates and how to count them?
- How to understand a food label?
- Meal planning tips?
- Sample menus?
- How much can I eat?
- How to better control fat?



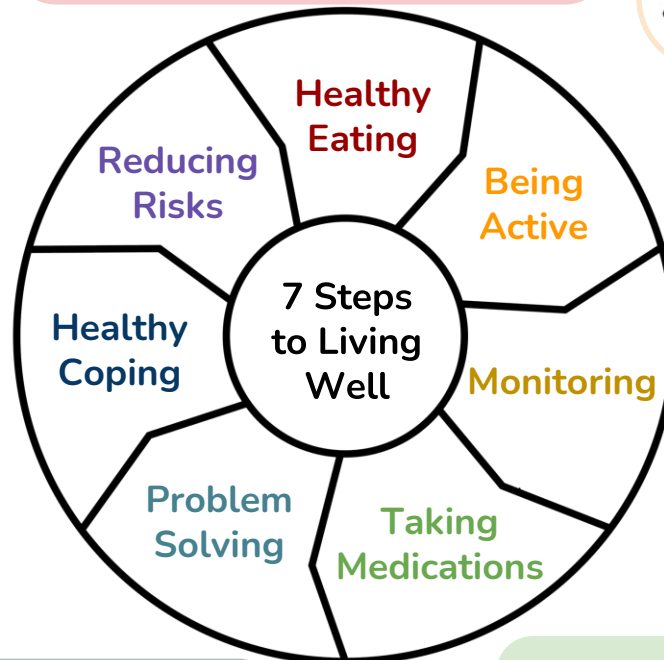
- Need help with quitting smoking?
- How to manage:
 - Blood pressure?
 - Cholesterol levels?
 - Complications?
 - Weight?



- How does being active relate to my sugar levels?
- What kind of exercise should I do?
- Which exercises can improve cardiorespiratory fitness?
- Which exercises can strengthen my muscles?



- Do you have trouble sleeping?
- Are you feeling overwhelmed about diabetes management?
- What are the causes of stress?



- How often to check blood sugar levels?
- What blood sugar levels are considered ideal?
- How often should I have Hgb A1c or lipid test?
- What specialists should I see?



- What to do if blood sugar level is too high/low?
- What are the signs/symptoms of low blood sugar?
- How to manage diabetes when I am sick?
- What are some common obstacles?



- What are the functions of my medications?
- Can I stop my medications?
- Do I have other options?
- What are the side effects?
- What is the best time of day to take them?



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