

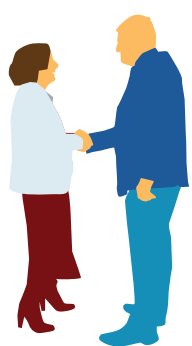
# TAKE CONTROL OF YOUR DIABETES

Living with diabetes can be difficult but you can **TAKE CONTROL** with these simple steps:

# T

## TALK

Don't keep silent about your diabetes. Talk about your diabetes and make sure to **attend every medical appointment**.



# A

## ASK FOR HELP

It can be difficult living with diabetes. Make sure **you get the support you need** from family friends and other people with diabetes. **Diabetes Ireland** is a valuable source of support.



# K

## KNOW IF YOU ARE IN CONTROL

Know if you are in control. Know your average blood glucose level (A1c), blood pressure and blood cholesterol levels.

### Good control is:

- A1c in the 50's,
- Blood pressure less than 140/80
- LDL cholesterol less than 2.5 mmols or 1.8mmols if heart already damaged.



# E

## EXERCISE

Aim for a minimum **30 minutes physical activity each day** or if not physically capable of walking check out the leaflet **Getting Active for Better Health** on <http://www.diabetes.ie/downloads/patient-booklets/>



# C

## CHECK YOUR FEET

Proper foot care is very important, **examine your feet every day** and make sure you receive a foot assessment each year.



# O

## OPHTHALMOLOGY

Make sure your name is on the **Diabetic Retina Screen database** (phone 1800 454 555) and attend all appointments.



# N

## NUTRITION

Know what each food contains that might affect your blood glucose levels and how much is a portion. For more information see <http://www.diabetes.ie/downloads/patient-booklets/>



# T

## TEAM

Team up with the national charity **Diabetes Ireland** and keep your diabetes knowledge up to date. Together we can improve the quality of life for all people living with diabetes.

## REMEMBER TO TAKE YOUR MEDICATION

Make sure that you take your medication as instructed by your nurse, pharmacist or doctor. Know if your medications put you at risk of a "low blood glucose".



# O

## ORGANISE YOURSELF

Plan your day to ensure your food intake, level of physical activity and medications are taken. These are the three most important aspects of good diabetes control.

# L

## LOVE YOURSELF

Take the time to enjoy each day. Aim to **increase positive actions** and limit harmful ones by focusing on one action - set a personal goal that you can achieve and feel good about.

