

# Living Well

New perspectives on diabetes self-care

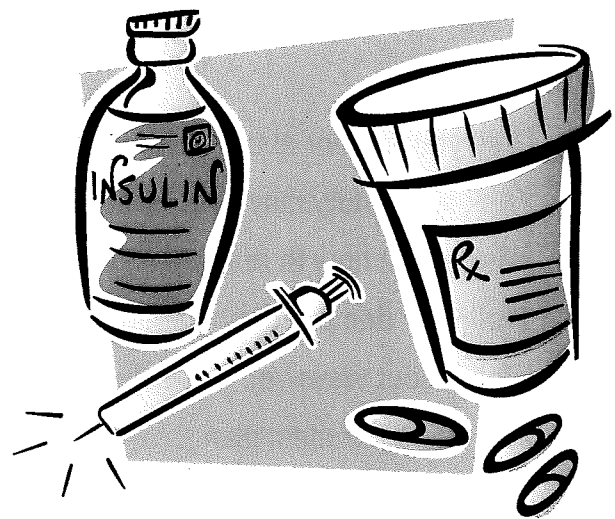
## Take charge of your type 2 diabetes care!

Taking good care of your diabetes can help you feel better now and stay healthy in the future!

### Take your diabetes medicines

When you have type 2 diabetes, you may have to take diabetes medicine to help lower your blood sugar. There are different kinds of diabetes medicines that work in different ways. You may have to take more than one medicine. Your doctor will help you decide what medicines are best for you.

Many medicines have side effects, such as changes in how you feel. Talk to your doctor about your medicine and its possible side effects.



### Monitor your blood sugar

A big part of taking charge of your diabetes care is checking your blood sugar. This check will tell you what your blood sugar is at the time, and if your diabetes care plan is working or not. If not, you and your doctor may need to make changes to your plan.



Checking your blood sugar at home is done with a meter. To use a meter, you prick your finger to get a drop of blood. With some meters, you can also use your forearm, thigh, or the top of your hand. To choose the right meter, think about:

- Is it easy to use?
- Is it easy to see the numbers?
- Does it store your numbers in a "memory"?
- Is it easy to take care of?
- Will your insurance pay for the meter and supplies?

Ask your doctor to help you pick a meter that is right for you.

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## Get the most from your doctor

Tell your doctor how your diabetes is so they can help you! Take this reminder list—and a record of your blood sugar numbers—with you to your next doctor visit.

### Blood sugar goals and testing

- Go over your blood sugar records
- Tell your doctor if you have lots of low or high blood sugar numbers
- Talk about ways to reach your blood sugar goals
- Have them show you the right way to use your meter

### Health

- Tell your doctor about any health problems you have
- Ask about how much you should weigh and how to get there
- Ask about how to reach your blood pressure goals
- Tell your doctor about any problems with your diabetes medicines
- Talk about ways you can stay active
- Go over your meal plan
- Tell your doctor if you feel stressed, sad, or unable to handle problems
- If you smoke, talk about ways to stop

### Ask if you should have:

- A1C blood test (a lab test that tells you your average blood sugar for the last 2-3 months, at least twice a year)
- Feet check
- Cholesterol check
- Urine check
- Eye test
- Dentist visit
- Flu shot

