

Diabetes Health Support Guide

Managing Diabetes Starts With Understanding Your Health

Diabetes management involves more than checking blood sugar. A personalized plan may include nutrition, physical activity, medications, monitoring, and preventive care to help support your long-term health.

Helpful Diabetes Habits

Nutrition

Focus on:

- Balanced meals
- Adequate protein and fiber
- Consistent meal patterns
- Mindful carbohydrate choices
- Healthy portions and sustainable food choices

Monitoring

Keep track of:

- Blood glucose readings (if recommended)
- Medications
- Symptoms or changes in how you feel
- Lifestyle habits, including nutrition, activity, and sleep

Routine Diabetes Care

Regular follow-up helps monitor your health and reduce the risk of complications.

Your diabetes care plan may include:

Blood Work:

- Hemoglobin A1c and other diabetes-related laboratory monitoring are typically checked every **3–6 months**, depending on your treatment plan and level of glucose control.

Eye Exams:

- A comprehensive dilated eye exam is recommended **at least once a year** for many people with diabetes to screen for diabetes-related eye changes.

Foot Care:

- A comprehensive foot exam is recommended **at least once a year**, with more frequent checks if you have nerve problems, circulation concerns, or a history of foot complications.

Heart and Kidney Health Monitoring:

- Regular monitoring of blood pressure, cholesterol, kidney function, and other risk factors is an important part of diabetes care.

Small, consistent changes can make a meaningful difference over time. Working with your healthcare team can help you create a plan that fits your health goals and lifestyle.

Medical Education Disclaimer: This guide is for educational purposes only and does not replace personalized medical advice. Diabetes care recommendations may vary based on your individual health history and treatment plan.