

“LIVING” WITH DIABETES

“Worry about it when you have something to worry about” is often a statement people say to help you cope with an issue in your life. However, when it comes to diabetes management we want you to be educated enough to not stress about being a person with diabetes, yet be “mindful” in your diabetes care and play a role. Not paying attention to your diabetes management can cause more long-term issues rather than short-term issues if not managed well.

How Can We Look More Positively At Diabetes?

- Start with the diagnosis. Am I a “Diabetic” or “A Person with Diabetes”?
 - If your Dad has a heart attack, are you going to call him a Heart Attack-ic? Then why do we call people with diabetes a Diabetic? Let’s change the culture. Diabetes in good control can be like having a freckle, something that you live with, but does not have to define who you are. Tell people that you have diabetes, not that you are a “diabetic”.
- Don’t look at medication as a negative.
 - People with insulin deficiency or people with insulin resistance often need medication added or medication adjusted frequently to help better regulate their blood glucose levels. Diabetes is a progressive disease and as we grow, age, or as a pregnancy advances our medication needs may change. Let medicine assist your lifestyle management and try not to be resistant to making a change.
- Diabetes Burnout
 - Diabetes self-management can be a lot to handle. As your health care team, we know we can sometimes have high demands (checking glucose more frequently, logging your food intake, track your exercise, etc.). See if you are utilizing all of the resources available to you to help simplify your life.
 - Do you have a Certified Diabetes Educator that you can call with questions or a refresher of education? Please know they are always here for you!
 - Do you have a continuous blood glucose monitor if your insurance plan allows?
 - Have you ever met with a counselor to discuss any mental stress you may be facing living with diabetes?
 - Have you joined a support group or found a Facebook group or blog that you can follow? Sometimes others bring up questions that you have not thought of yet.
 - Search out resources like www.choosemyplate.gov and www.calorieking.com to help you simplify your meal planning and food choices. You can also try lean frozen dinners such as Healthy Choice™ on crazy days to minimize fast food options. Keep life simple; you don’t have to have a crock pot dinner planned out daily, and it is OK to have the occasional fast food meal. It is all about making an effort to select better, healthier choices.