

# 6 Tips for today

a quick-start guide for getting your diabetes under control



## 1. Don't smoke.

Along with many other health risks, cigarettes contain nicotine which raises blood sugar.

## 2. Visit your doctor every three months.

As a diabetic it is very important to check your health and make sure you are on the right track. Go over A1C levels, ask any questions you may have, make a sick-day plan, keep your vaccines up to date and go over your medications at your doctor visit.

## 3. Start doing five minutes more physical activity per day, such as walking or bike riding.

## 4. Get about eight hours of sleep each night.

## 5. Make healthy beverage choices.

Drink more water and cut out sugary drinks, or try skim milk instead of whole milk.

## 6. Wash your feet everyday in lukewarm water, and check for blisters, cuts and sores.

Diabetes causes a higher risk of infection, and cuts and sores take longer to heal for diabetics.



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