

10 TIPS

Test your blood sugars regularly, this will help you establish a pattern and help you and your team to understand your control of blood sugars. Take notice of the results and react. Testing strips are more expensive than medication, so it is important to make good use of them.

Keeping tight control of your blood glucose levels has been proved to have long term benefits, so do everything you can to keep them as close to normal as possible.

The healthy diet for people with diabetes is the healthy diet recommended for everyone - low in fat, salt and sugar, with meals based on starchy foods like bread and pasta and plenty of fruit and vegetables.

If you are overweight, make an effort to lose weight. Set yourself realisable goals, don't try to do the impossible.

Increase your daily activity - always choose stairs and walk up escalators, for short journeys walk or cycle, turn off the TV and get out and about, do housework to music, it's fun and the chores seem easier.

If you are less mobile, you can still increase your activity - armchair exercises, gentle walks and stretching will all help to keep you as mobile and fit as possible.

Always make sure that you have some form of diabetic ID with you. If you are on medication, remember to take your tablets regularly – even when eating light meals/snacks. Use an alarm if necessary

Remember, if you are sick to be doubly alert to changes in blood sugars.

Keep in close touch with your diabetes medical team. Don't forget learning about you and your diabetes is a two way relationship – always speak up if you are not sure about something or if you are concerned about any aspect of your treatment.

Thoughts from John Goodridge and Diabetes UK