

Taking Care of Your Diabetes

When you have diabetes, controlling your blood sugar falls almost entirely in your hands. This is a big responsibility. Being in control of your diabetes means you have to make some changes in your lifestyle—changes that can improve your health and prevent other health problems from occurring.

These changes include:

- Eating healthier foods
- Getting to, and staying at, a healthy weight
- Getting regular exercise*
- Monitoring your blood sugar level
- Checking your feet regularly
- Getting social support
- Taking your medications, if necessary, properly

It's not easy making these kinds of changes, but doing so can help you manage your blood sugar and feel healthier. You may know what you should do and be motivated to do it, but fall back into unhealthy behaviors when you run into obstacles that stand in your way. That's why it's important to identify the problems that keep you from caring for yourself the way you should.

It is also very important that you understand what will happen to your body if you don't make the healthy lifestyle changes above. For example, if your health care provider has prescribed diabetes medicine for you and you don't understand what will happen if you don't take it, you need to ask your health care provider to explain it to you. The more you know about how diabetes affects your body, the more you can do to control it.

The questions on the other side of this page can uncover areas where you are having trouble. Some possible reasons have been given in the last column. If your reason is not covered there, write it in the space after "Other." Please answer the questions as honestly as you can.

Share your answers with your health care provider. He or she can find ways for your self-care treatment plan to meet your needs. Together you can figure out ways to help you take control of your diabetes.



* Remember to talk to your health care professional before starting any exercise program.

Self-Care Questionnaire

	NO/YES	IF YES, WHY?
1. Is it hard for you to follow a healthy eating plan?		<input type="radio"/> I don't know which foods are healthy for me. <input type="radio"/> Eating healthy at restaurants is difficult. <input type="radio"/> I am often given unhealthy foods by friends and family. <input type="radio"/> My favorite foods don't fit into a healthy eating plan. <input type="radio"/> Other: _____
2. If you are overweight, have you had a hard time losing weight?		<input type="radio"/> I don't know how to do it. <input type="radio"/> I'm trying but just not seeing any results. <input type="radio"/> Other: _____
3. Is it hard for you to follow a regular exercise plan?		<input type="radio"/> I don't know how much exercise I should get. <input type="radio"/> Exercising is uncomfortable. <input type="radio"/> I can't find the time to exercise. <input type="radio"/> I never have the energy to exercise. <input type="radio"/> I have a physical disability that makes exercise difficult. <input type="radio"/> Other: _____
4. Do you find it hard to check your blood sugar level at least once a day?		<input type="radio"/> I don't know how. <input type="radio"/> I never remember to do it. <input type="radio"/> It's too inconvenient. <input type="radio"/> Other: _____
5. Do you have a hard time checking your feet regularly for cuts, sores, and hot spots?		<input type="radio"/> I never remember to do it. <input type="radio"/> It's difficult to see my feet. <input type="radio"/> Other: _____
6. Is it hard to get support from your family, friends, and/or a diabetes support group?		<input type="radio"/> I am uncomfortable asking for help. <input type="radio"/> I don't want others to know about my disease. <input type="radio"/> I don't know how to find a support group. <input type="radio"/> Other: _____
7. If you are taking diabetes medications, do you have a hard time taking the proper dose(s) at the proper time(s) each day?		<input type="radio"/> I forget to take it. <input type="radio"/> I have side effects from my medicine. <input type="radio"/> They're expensive, so I don't take them as often as I should. <input type="radio"/> It's inconvenient to get refills. <input type="radio"/> Other: _____
BE SURE TO SHARE AND DISCUSS YOUR ANSWERS WITH YOUR HEALTH CARE PROVIDER AT YOUR NEXT VISIT.		