



DR. EDELMAN'S TOP 10 TIPS

for Living Successfully with Diabetes

#10 Learn All You Can About Diabetes... Knowledge Is Power!

We can help get you started! Attend a TCOYD conference or explore our website for educational videos, topical articles, compelling blog posts, social media connections and a ton more.

Here are a few other resources from some of our friends in the diabetes community:

**Websites That Keep
You in the Know:**

diabetesdaily.com

diatribe.org

dlife.com

asweetlife.org

ridingoninsulin.org

collegediabetesnetwork.org

diabetes.org

behavioraldiabetes.org

childrenwithdiabetes.com

diathrive.com

JDRF.org

myabetic.com

Relatable

Blogs:

tcoyd.org/blog

sixuntilme.com

diabetesramblings.com

ourdiabeticlife.com

healthline.com/diabetesmine

Books We Love:

TCOYD 5th Edition (Give us a call to order a hard copy or digital download: 800-998-2693)

50 Secrets of the Longest Living People with Diabetes

by Steven V. Edelman, MD and Sheri R. Colberg, PhD

Seek out new information on how best to control your diabetes and **determine what works for you**, and then share your knowledge with friends and family!

A Few of Our Favorite Facebook Pages & Groups:

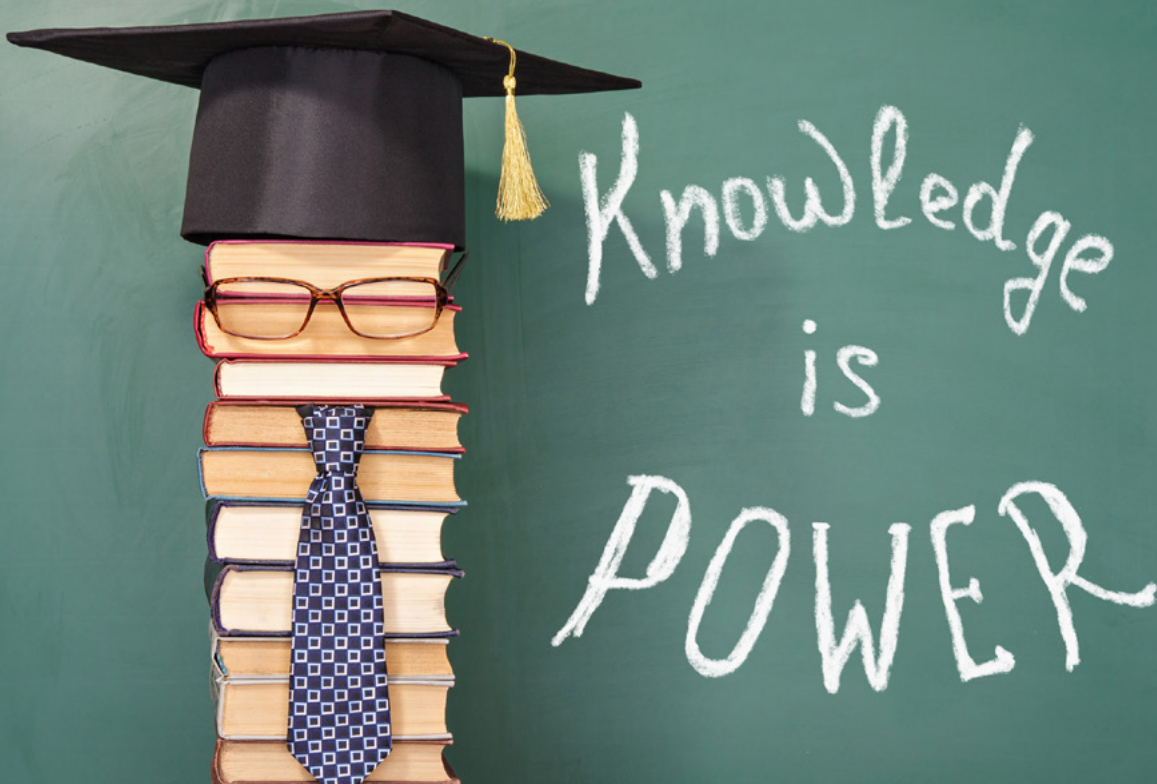
[Diabetes Sisters](#)

[Diabetic Danica](#)

[Diabetes Self Management](#)

[Chef Robert Lewis The Happy Diabetic](#)

[Diabetic Foodie](#)



#9

Get on a **Diabetes Warranty Program**

Just like you take your car in for regular tune-ups, we recommend you include the following as part of your regular health maintenance program: Get a yearly dilated eye exam from an eye specialist who is knowledgeable about diabetic eye disease. **Get a yearly kidney function test.** Keep a close eye on your feet, especially if you have neuropathy or a lack of sensation. **Protect your heart by controlling blood pressure and cholesterol, and ask your healthcare provider if you should be on an aspirin regimen.** Prevent tooth and gum disease by brushing and flossing every day, not just one week before you go to the dentist!

#8

Know Your Numbers, and Know What to Do with Them!

Your glucose meter (and CGM if you have one) are your own **personal laboratories in the palm of your hand**. Knowing how and when to test your blood sugars can be the bridge to better health. You can use frequent testing to detect patterns and to learn your body's unique response to different things – foods, activities, medications, stress, and more – so you can **adjust your medications or insulin to work for you as effectively as possible**.

[Watch this quick video tip](#) on how to lessen hypoglycemia worries.

[If you're on a CGM, watch this Edelman Report](#) on setting CGM alerts and alarms.



#7

Find a Provider Who Listens

How is your relationship with your doctor? Do you ever feel rushed during appointments or feel like he or she isn't really listening to your concerns? Is your doctor up to speed on the latest treatment advances and medication options? **If you have doubts, don't be afraid to seek out a second opinion or make a switch to a new doctor if necessary in order to find someone who's going to be a strong advocate for your health and an active member of your team.**

#6



Eat Your Cake (but Not Too Much of It!)

You can still eat the foods you like, just in moderation! Carb counting is tough, although it does work for some people. Don't forget that both fat and protein will also raise your blood glucose value, just a little slower.

If you'd like some simple and healthy meal ideas, here are a few of our favorites!

[Farmer's Market Roasted Vegetable Soup](#)

[Shrimp Scampi and Tomatoes](#)

[Low Carb Italian Chicken Cacciatore](#)

[Avocado, Egg, Spinach and Sweet Potato Toasts](#)

[Breakfast Egg Muffins](#)

For more recipe ideas, try:

[Diabetic
foodie
.com](http://Diabeticfoodie.com)

[Happy
diabetic
.com](http://Happydiabetic.com)

[Diabetic
Livingonline
.com](http://DiabeticLivingonline.com)

[Diabetes
.org](http://Diabetes.org)

[Diabetes
forecast
.org](http://Diabetesforecast.org)

If you hate to cook, you're not alone! Consider a meal delivery service that takes the guesswork out of creating healthy and delicious dinners:





Exercise Daily (or Close to It!)

Exercise always has the potential to lower your blood sugar levels, so **try to do something physical every day that you enjoy**. Any physical activity can make whatever insulin you have circulating in your bloodstream work better for awhile afterward. Plus, exercise has the added benefit of contributing to better mood, stress levels and self-image, all of which can **positively impact your diabetes control**.

Tips on exercising with type 1:

[Taking Life with T1D to New Heights](#)

[Tips on Glucose Management During and After Exercise for Type 1s](#)

Tips on exercising for beginners:

[5 Things You Should Know Before You Work Out](#)

[Finding Your Exercise Starting Point](#)

Popular fitness apps to explore:

[Myfitnesspal](#) [SworKit](#) [FitbitCoach](#) [Couch to 5K](#) [Yoga Workout Meditation and Fitness Plan](#)



#4

Live Life First, Be Diabetic Second

A key ingredient to being successful with diabetes is to first and foremost live a normal life.

Try to find a healthy balance between giving attention to your diabetes without letting it become the overwhelming focus of your life. Remember that your blood sugar and A1c values are just numbers – you are more than your highs and lows!

Here are some ideas on how to take a breather and recharge when you start feeling overwhelmed:

[Diabetes and Mindfulness](#)

[How to Take a Vacation from Diabetes](#)

And remember, do something just for FUN that lifts your spirits. Even planning for something fun can **create a positive shift** in your frame of mind. And, **develop some go-to self-care strategies** you can use whenever you feel stressed: change your environment, engage in a favorite hobby, get a massage, take a walk, see a movie, listen to a podcast or uplifting playlist, take a bath, escape into a book, call a friend, garden, get out in nature, watch a comedian on YouTube, etc...whatever it is that floats your boat. **Talk to someone who gets it** – another PWD or your favorite cheerleader who's always got your back!



#3

Reach for the Stars

A vital part of living well with diabetes is to **set goals and pursue your dreams**. If having strong goals or motivating factors is what is going to help you live long and well with diabetes, go ahead and reach for the stars, and you may just get lucky. If you only end up on the moon, at least you will know that you gave it your all, and working toward your goal likely improved the quality of your life along the way. Remember: **Well-managed diabetes is the leading cause of nothing!**



You Are Your Own **Best Advocate**

We're living in a time when the healthcare industry is overwhelmed, and doctors have less and less time to spend with their patients. **The sooner you take responsibility for your own care, the better your health is likely to be in the long run.**

Knowing the latest advances in diabetes care and being able to get them is key to living well with diabetes, and it's an essential part of being your own best advocate.

So take a diabetes course, attend a TCOYD conference, join an online support group, read books about diabetes management, get hooked up with a certified diabetes educator; whatever you do, just get yourself EDUCATED and don't solely depend on your doctor to do all the heavy lifting when it comes to your health.



It's Never Too Late to Take Control of Your Diabetes. It's Your Responsibility!

Today is the first day of the rest of your life with diabetes. **It's never too late to start taking better care of yourself, no matter if you have advanced complications or are brand new to diabetes.** Until there is a cure for this disease, and it's pretty possible that there might be, you can live well and have a very long life! **So, enjoy!**