

Living With Diabetes: What I need to know.



Making Health Equality a Reality

- What type of diabetes do I have?
- What medications do I take and why?
- When should I take my medications?
- How do I check my blood sugar?
- When should I check my blood sugar?
- What are my blood sugar goals?
- What are the symptoms of high blood sugar?
- What do I do if my blood sugar is high?
- What are the symptoms of low blood sugar?
- What do I do if my blood sugar is low?
- How many meals should I eat each day?
- What foods and drinks are in my meal plan?
- What foods and drinks affect my blood sugar the most?
- What kind of exercise should I do? When?
- How often should I check my feet? What do I look for?
- How often should I see my doctor? Nutritionist? Dentist? Eye doctor?
- What should I bring with me when I see my doctor?
- What tests should be done when I see my doctor?
- What should I do if I am sick?
- When should I call my doctor?
- Where can I get more information about diabetes?

To contact a Bronx Health REACH Community Health Advocate
for help with these questions, call: (718) 293-4352 or (718) 681-2222