

Understanding and managing your diabetes is a journey, and it may be difficult or frustrating at times. But, there are numerous resources to educate and support people living with diabetes. Here are some centers in your area that offer diabetes support groups, management assistance, and education:

1. Your local church groups and healthcare provider
2. Bronx-Lebanon Hospital Center
1780 Grand Concourse
Program: Diabetes Education
Tuesdays, 8:30 AM - 12 PM, English
Fridays, 8:30 AM - 12 PM Espanol
Contact: 718-960-1330.
3. Albert Einstein College of Medicine,
Montefiore Diabetes Center
1825 Eastchester Road, Suite 1076
Program: The Clinical Diabetes Center
Inpatient/Outpatient Self-Management Skills
Education Program
Contact: 718-904-2883
4. Montefiore Diabetes Center (East & West campuses): 1825 Eastchester Road, Room 260
Program: Diabetes Support Group
Contact: 718-920-7247 or visit the website:
<http://www.montefiore.org/services/diabetes/>



November is
National Diabetes Month

Why do you need to take care of your diabetes?

Having diabetes can lead to serious problems with your eyes, kidneys, nerves, and gums and teeth. A major problem caused by diabetes is heart disease. When you have diabetes, you are more than twice as likely to have heart disease or a stroke. You may not even have the typical signs of a heart attack.

You can reduce your risk of developing diabetes complications by properly managing your diet, blood sugar, blood pressure and blood fat levels. The best way to take care of your health is to work with your doctor and stay informed.

Set goals for healthy lifestyle changes and more effective management of your diabetes. The tips inside will help!



Everyday Care: Preventing Diabetes Complications



Follow a healthy eating plan that includes fruits and vegetables, little fat and small portions.



Be active at least 30-60 minutes most days. Ask your doctor what activities are best for you.



Take your medicines as directed. Read instructions and discuss questions with your doctor.



Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.



Brush and floss your teeth at least twice a day.



Control your blood pressure and cholesterol.



Don't smoke.

Getting ready for the visit to the doctor:

- Bring your blood sugar readings from your home tests.
- Write down or bring all your medications- prescription AND over-the-counter medicine!
- Make a list of questions and make sure you don't leave until to get the answers

Check at every doctor visit:

- Blood Pressure: Tells the force of blood flow in vessels
- Weight: A major key to managing diabetes
- Feet: Take off your shoes and socks, and have your doctor make sure your feet are healthy.
- A1C: Gives your average blood sugar level for the past 2 to 3 months

Check every year:

- Cholesterol: High levels of bad cholesterol, LDL, build up in arteries and causes heart disease.
- Microalbumin: A test that checks for protein in your urine to make sure your kidneys are functioning properly.
- Eyes: Ask your doctor for a dilated eye exam.

Goals:

- Your A1C should be at or below 7%
- Normal range cholesterol and blood pressure
- Normal Body Mass Index, or BMI, which measures body fat based on height and weight

Understand and Manage the ABC's of Diabetes

- * A1C (blood sugar)
- * Blood Pressure
- * Cholesterol