



Remember...

You are a person who happens to have diabetes. You can still have fun, be active, and do things you did before you were diagnosed.

You can be in control of your diabetes.

Permit yourself to be human. No one can have perfect blood glucose all of the time. Each day is a new opportunity to manage your diabetes.

If you are having trouble following your diabetes treatment plan over several weeks or months, professional help may be needed to gain control.

There are a lot of people who can help you live successfully with diabetes like nurses, dietitians, doctors, counselors, support group members, family and friends. Seek them out!

Don't be afraid to ask questions.

Exercising, eating well, achieving normal blood glucose, blood pressure, and blood fats can help you live well with diabetes.



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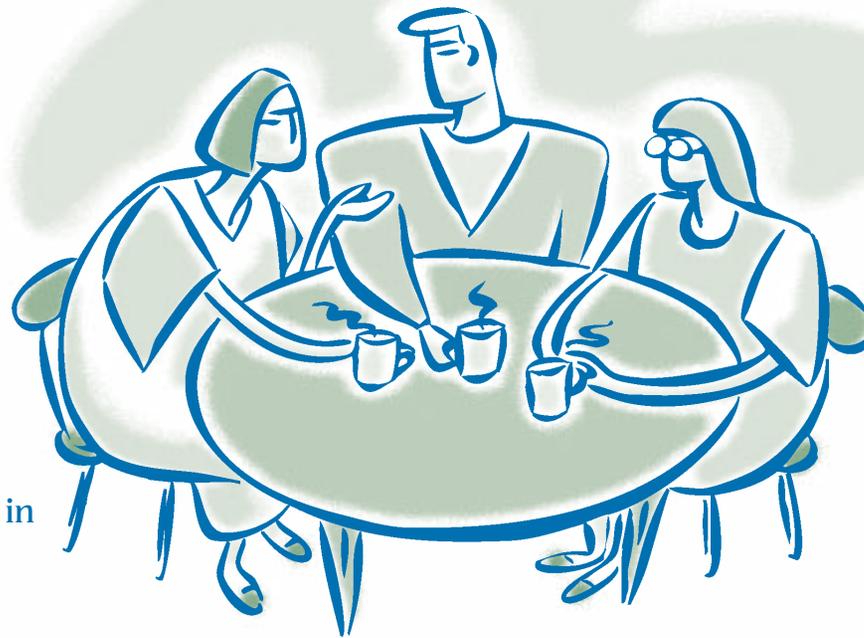
Living with Diabetes



Content adapted from
recommendations of the
SD Diabetes Advisory Council and the
Centers for Disease Control and Prevention

Living With Diabetes...

Living with diabetes isn't easy. Everyone has days when they don't want to follow a meal plan, test blood glucose, take medication, or exercise. The key to living with diabetes is to remember that you are not alone. You, your family, your friends, and your health care team can help you be healthy in body and mind.



Feelings About Diabetes...

Common feelings you may have about having diabetes include

- Fear
- Denial
- Guilt
- Anger
- Being different
- Being overwhelmed
- Depression

You may think about how diabetes may affect

- Job
- School
- Relationships
- Insurance
- Finances

It is common to have uncomfortable feelings about having diabetes. Learn how to work through your feelings and take good care of yourself.

What You Can Do To Live With Diabetes...

- Set small goals for yourself and reward yourself when you meet them. An example might be "I will be physically active for 30 minutes 5 days this week."
- Take time out for yourself to relax and do things you enjoy.
- Tell a diabetes team member if you have any questions, concerns, or problems with any part of your diabetes treatment plan.

- Ask your family and friends for help. It's always easier to exercise and eat healthy foods if others are doing the same thing.
- Talk about how you feel. You can do this with your family and friends, doctor, diabetes nurse and counselor.
- Join a diabetes support group. Talking with other people who have diabetes helps you learn from one another and see that you are not alone. See <http://doh.sd.gov/Diabetes/Support.aspx> for a list of support groups.

What Others Can Do To Help You...

- Be there when you need help.
- Listen when you need to talk.
- Your doctor can refer you to a counselor, diabetes nurse, or a support group in your area.

What You Can Do To Help Others...

- Reach out to others with diabetes. Talking with others who have diabetes can motivate you and them to gain control.
- Get involved in volunteer work and community activities unrelated to diabetes. Reduce stress by focusing on something other than diabetes.