

Live Well with Diabetes

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What is diabetes?

Diabetes happens when there is too much sugar in the blood. Your body uses a hormone called insulin to help control your blood sugar. People with diabetes either do not have enough insulin or cannot use the insulin well.

There are two types of diabetes:

TYPE 1 Your body does not make insulin.

TYPE 2 Your body does not make enough insulin or does not use it properly to control your blood sugar. Most adults with diabetes have Type 2 diabetes.

What health problems can diabetes cause?

People with diabetes have a higher chance of:

- + Heart disease
- + Stroke
- + Eye problems and blindness
- + Kidney disease
- + Amputations of the lower limbs, like toes or feet

What are the signs or symptoms of diabetes?

Many people with diabetes have no symptoms. For others, symptoms may develop slowly over time or are so mild, they go unnoticed. Some common symptoms include:

FEELING VERY TIRED



WOUNDS OR CUTS THAT ARE SLOW TO HEAL



URINATING OFTEN



TINGLING, PAIN, OR NUMBNESS IN YOUR HANDS OR FEET



BLURRY VISION



BEING MORE THIRSTY/HUNGRY THAN USUAL



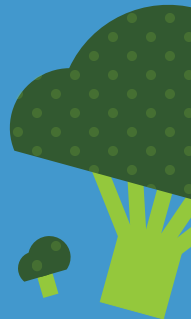
What can I do to control my diabetes?

There is no cure for diabetes, but you can live a long and healthy life with diabetes. Here are three things you need to do:

1

Get regular care to stay healthy

- + Talk to your doctor to come up with a diabetes care plan that is right for you. Be sure to come to all of your appointments.
- + Know your current A1C and what A1C is healthiest for you.
- + Talk to your doctor or nurse if you have problems with your medicines.



3

Stay active and keep a healthy weight.

Be active for 30 minutes on most days of the week. Find ways to move more during your day:

- + Get off the bus or subway a stop early and walk the rest of the way
- + Take the stairs instead of the elevator
- + Take a short walk whenever it is convenient for you, like on your lunch break or after dinner

2

Eat healthy foods

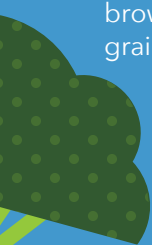
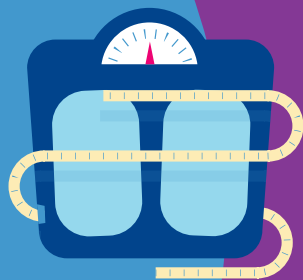
EAT MORE:

- + Vegetables and fruit
- + Lean protein, like beans, chicken, fish, or eggs
- + Whole grains, like brown rice or whole grain bread

EAT LESS:

- + Processed meats, like sausage, bacon, and cold cuts
- + White rice, sweets, fried foods, and foods made with white flour
- + Sugary drinks, like soda, juice, and ginger ale

Talk to your care team to come up with a meal plan that works best for you.



Take Control Of Your Diabetes:



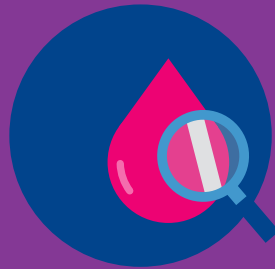
- Fill half of your plate at lunch and dinner with vegetables that you like or a simple salad.



- Drink water or seltzer instead of soda and juice. Add slices of lemon or cucumber to your glass to make it even more refreshing.



- If you are taking medicines to lower your blood sugar, take them every day. Be sure to talk to your care team if you have any questions or concerns about your medicine.



- Check your blood sugar. Talk to your care team about what your blood sugar results mean. Bring the results of your blood sugar testing to your appointments.



- Check your feet. Talk to your care team about how to check your feet.



- Check your eyes. Your eyes should get checked once a year. Talk to your care team about getting an appointment to check your eyes.

To find a doctor in your neighborhood or learn more about diabetes, visit nychealthandhospitals.org/diabetes

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