

“Our best blood sugar tips!”

A few smart strategies have given Robin, Patti, Anne and Bob a handle on their type 2 diabetes. Ask your care team if any of their methods can help you take control.

“Turn to tools and resources!”

• **Gather your team.** When she was first diagnosed with diabetes, Robin had no idea what to expect. “I thought it meant I could never eat sugar again, so I met with a health educator for a number of months to understand what I had to do. And I go to an ophthalmologist to check my vision. I see a podiatrist annually, or more frequently if I have a complaint. And I visit my primary care provider on schedule and take the tests he recommends—like, most recently, a cardiac stress test.”

• **Cover your feet.** “I have a little tingling in the feet. So I keep the bottom of my feet covered when I walk around. You don’t want to step on something!” says Robin, who has neuropathy.

• **Buy a pedometer.** “A pedometer helps me integrate activity into my life,” says Robin. “I can say, ‘Okay, I’ve walked 5,000 steps today. Tomorrow I’ll shoot for 6,000.’ Moving more is always a goal for me. And walking is great! You don’t have to run a marathon to control your blood sugar.”



Robin Wright
Princeton, NJ

“Create a diabetes-friendly environment!”

• **Steer clear of “carbage!”** By that, Anne means “the highly refined and processed foods like carbohydrate-heavy baked goods, crackers and chips that trigger a swift rise in blood sugar.” Anne has found that the longer she stays away from these snack foods, “The more they stop talking to me!”

• **Tap your “personal chef”** at restaurants. “I’ve found that whatever you

ask for, more often than not, the servers and chef will go out of their way to help you,” says Anne. “I’ll say, ‘I have diabetes and I can’t eat that.’” When a recent restaurant visit had Anne eyeing the chicken francese, the waiter was happy to put in a request to the chef to prepare it differently. “It was amazing! I was happy—and they felt they were doing something great!”



Anne Dalin, Edison, NJ

• **Limit time with food pushers.** Anne has a friend who’ll say, while sitting down to a restaurant meal, “Are you going to be bad with me?” “I’m thinking, ‘Don’t do that to me! You wouldn’t do that to an alcoholic! I’ve started going out with her less and less!”



Bob Fenton
Charles
City, IA

“Do your research!”

• **Explore your medication options.** When oral meds and cutting carbs failed to control Bob’s blood sugar, he asked about insulin. “I knew I had

to do something to bring my blood glucose levels down. The doctor intro-

duced me to a nurse specializing in insulin who got me started. Once I had the carb counting understood, I was able to calculate the ratio to inject the correct amount of insulin.”

• **Figure out your food plan.** “Some people eat very low carb, but I simply limit mine,” notes Bob, who has also increased the amount of healthy fats he