

Diabetes: 7 Steps to Living Well

Diabetes can be managed well with good self-care. Listed below are seven behaviors that correlate with good blood glucose control, reduced risks of complications, and improvement in quality of life. **What is your motivation to manage diabetes?** Please check the boxes for items you are interested in; we will be happy to assist you.



- What foods have carbohydrates and how to count them?
- How to understand a food label?
- Meal planning tips?
- Sample menus?
- How much can I eat?
- How to better control fat?



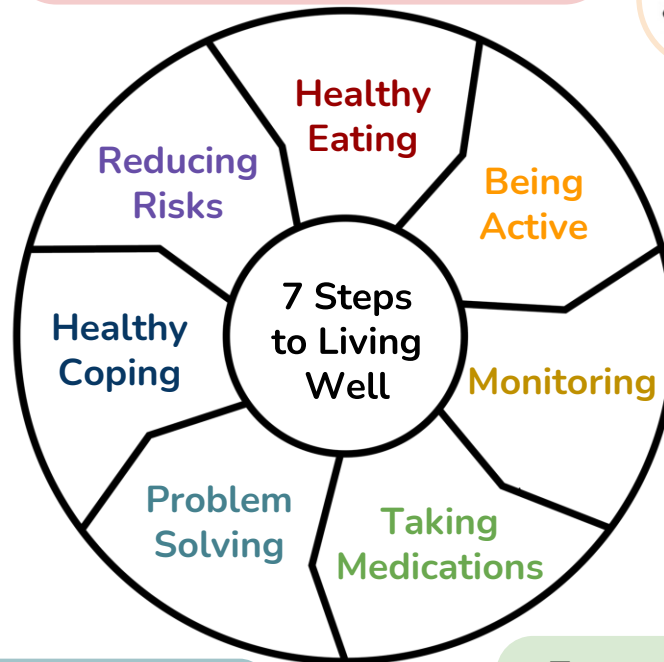
- Need help with quitting smoking?
- How to manage:
 - Blood pressure?
 - Cholesterol levels?
 - Complications?
 - Weight?



- How does being active relate to my sugar levels?
- What kind of exercise should I do?
- Which exercises can improve cardiorespiratory fitness?
- Which exercises can strengthen my muscles?



- Do you have trouble sleeping?
- Are you feeling overwhelmed about diabetes management?
- What are the causes of stress?



- How often to check blood sugar levels?
- What blood sugar levels are considered ideal?
- How often should I have Hgb A1c or lipid test?
- What specialists should I see?



- What to do if blood sugar level is too high/low?
- What are the signs/symptoms of low blood sugar?
- How to manage diabetes when I am sick?
- What are some common obstacles?



- What are the functions of my medications?
- Can I stop my medications?
- Do I have other options?
- What are the side effects?
- What is the best time of day to take them?



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7步自我護理糖尿病

良好的自我管理能有效地控制糖尿病。以下的七種行為經研究證實能幫助保持血糖於理想水平、減少並發症，從而提升生活品質。有什麼能驅使你管理好糖尿病？請在您有興趣了解的項目打☑，我們樂意為你解答。



- 何謂碳水化合物？
- 怎樣理解食品標籤？
- 飲食要注意什麼？
- 份量要怎樣控制？
- 有沒有餐單可以參考？
- 脂肪怎樣控制？



- 運動與血糖有什麼關係？
- 我該做什麼運動？
- 什麼運動改善心肺功能？
- 什麼運動能鍛煉肌肉？



- 幫助戒菸的方法如何有效地控制：
 - 血壓？
 - 膽固醇？
 - 併發症？
 - 體重？



- 睡眠有困難嗎？
- 管理血糖有否令你覺得不知所措/受壓力？
- 什麼時候會感到壓力大？



- 血糖要多久檢測一次？
- 什麼血糖指數才算正常？
- 隔多久要做血紅蛋白A1c及血脂測試？
- 我要看什麼醫生？眼科，足科，還是牙醫？



- 血糖太高/低要怎樣做？
- 血糖低會出現什麼症狀？
- 生病時該怎樣管理血糖水平？
- 管理血糖有沒有遇到困難？



- 我的藥物對血糖有什麼幫助？
- 我能不能吃藥嗎？
- 我有其他藥物選擇嗎？
- 我的藥物有什麼副作用？
- 隔多久要吃一次藥？



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