

# MANAGING DIABETES

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*Track your blood glucose levels*

*Make healthy food choices avoiding foods that are high in fat and sugar*



*Exercise daily! Older adults who exercise daily help to control blood glucose levels*

*Schedule regular follow ups with your MD to monitor your progress and check your kidneys*



*Have your eyes checked annually. Diabetes may cause eye problems.*

*Get a Flu shot every year.*



*Check your feet. Diabetes can cause wounds or breaks in the skin to heal slowly or get infected. Let your MD know immediately if you have a problem.*