

## HEALTH EDUCATION LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better We can help you understand !patients your health and medical problems better so you can get better care in partnership .with your Doctor

### OUR VISION

patients are the largest untapped We think healthcare resource and that Information ! therapy is the most Powerful Medicine

### OUR GOALS

1. Encouraging health insurance companies to invest in patient .education
2. .Advocating information therapy
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for .the web

[For more information on this subject:](#)  
[Ask the Librarian : Free Answers to any Health Questions !!](#)

[For More Info: ASK A LIBRARIAN](#)



### Health Education Library For People

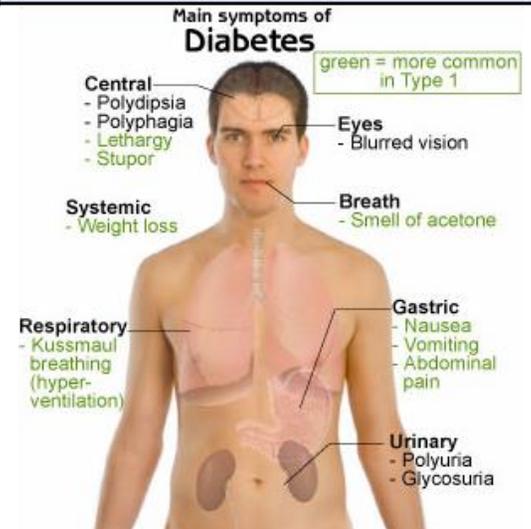
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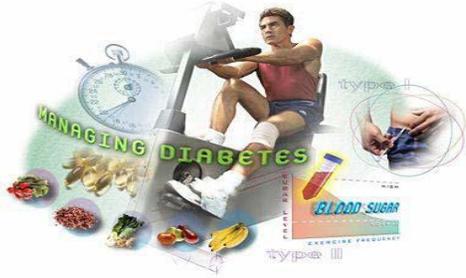
## Diabetes



**LET'S HELP  
ERADICATE  
IGNORANCE**

## Diabetes Management

## Diabetes management



When it comes to diabetes management, blood sugar control is often the central theme. Keeping your blood sugar level within your target range can help you live a long and healthy life with diabetes. But do you know what makes your blood sugar level rise and fall? The list is sometimes surprising.

**Food:** Healthy eating is a cornerstone of any diabetes management plan. But it's not just what you eat that affects your blood sugar level. How much you eat and when you eat matters, too.



What to do: Be consistent, Even out your carbohydrates, Coordinate your meals and medication.

**Exercise:** Physical activity is another important part of your diabetes management plan. When you exercise, your muscles use sugar (glucose) for energy. Regular physical activity also improves your body's response to insulin. These factors work together to lower your blood sugar level. The more strenuous your workout, the longer the effect lasts. But even light activities — such as housework, gardening or being on your feet for extended periods can lower your blood sugar level.

What to do: Get your doctor's OK to exercise, Adjust your diabetes treatment plan as needed, Exercise good judgment.

**Medication:** Insulin and other diabetes medications are designed to lower your blood sugar level. But the effectiveness of these medications depends on the timing and size of the dose. And any medicines you take for conditions other than diabetes can affect your blood sugar level, too.

What to do: Store insulin properly, Report problems to your doctor, Be cautious with new medications.

**Illness:** When you're sick, your body produces hormones to help fight the illness. These hormones raise your blood sugar level by preventing insulin from working effectively. This can help promote healing and wreak havoc with your diabetes management plan.

What to do: Plan ahead, Continue to take your diabetes medication, Stick to your diabetes meal plan.

**Alcohol:** The liver normally releases stored sugar to counteract falling blood

sugar levels. But if your liver is busy metabolizing alcohol, your blood sugar level may not get the boost it needs. If you take insulin or oral diabetes medications, even as little as 2 ounces (59 milliliters) of alcohol — the equivalent of two shots of hard liquor — can cause low blood sugar.

What to do: Get your doctor's OK to drink alcohol, Choose your drinks carefully, Tally your calories.

**Hormone levels:** Hormone levels fluctuate for women during their menstrual cycle, as can blood sugar levels — particularly in the week before a period. Menopause may trigger fluctuations in blood sugar levels as well.

What to do: Look for patterns, Adjust your diabetes treatment plan as needed.

**Stress:** If you're stressed, it's easy to abandon your usual diabetes management routine. You might exercise less, eat fewer healthy foods or test your blood sugar less often — and lose control of your blood sugar in the process. The hormones your body may produce in response to prolonged stress may even prevent insulin from working properly, which only makes matters worse.

What to do: Look for patterns, Take control.

