

Diabetes Management: Do we even monitor our blood glucose?

By: Irene

Background information

Diabetes is a non-communicable disease that affects people of all ages. While it was once thought to be an inherited condition, it is now known to be largely caused by lifestyle factors. As such, managing diabetes requires a range of lifestyle changes. The first step in managing diabetes is to accept the diagnosis. From there, patients with Diabetes, whether type 1 or type 2, are advised to restore their carbohydrate metabolism to a normal state. Normal blood sugar levels range from 70 to 110 mg/dL. To achieve this goal, patients should take medication as prescribed by their healthcare provider. They should also maintain a healthy weight, avoid sugary and fatty foods, and consume whole grains and lean meats. Drinking plenty of water, eating low-salt diets, and exercising daily are also essential.

Management and recommendations

- ✚ Take medication as prescribed by a healthcare provider: To regulate blood sugar levels.
- ✚ Maintain a healthy weight: Reduces the risk of complications and improve overall health.
- ✚ Avoid sugary and fatty foods: To regulate blood sugar levels and reduce the risk of complications.
- ✚ Consume whole grains and lean meats: these provide essential nutrients without raising blood sugar levels too much.
- ✚ Drink plenty of water: To regulate blood sugar levels and reduce the risk of dehydration.
- ✚ Eat low-salt diets: this helps regulate blood pressure and reduce the risk of complications.
- ✚ Exercise daily for at least 30 minutes: this helps regulate blood sugar levels, improve cardiovascular health, and reduce the risk of complications.
- ✚ Use the plate model to balance meals: this helps ensure that meals are balanced and provide essential nutrients without raising blood sugar levels too much.
- ✚ Avoid risky factors such as using sharp objects when trimming nails and wearing open-toed shoes: Reduces the risk of complications such as infections and foot injuries.
- ✚ Promptly treat any wounds or infections: this reduces the risk of complications and improves overall health.
- ✚ Carry a diabetic card when traveling: this ensures that

healthcare providers have access to important information in case of emergencies.

To help patients understand how to balance their meals, the article introduces the plate model. The model recommends that half of a patient's plate should consist of vegetables, with the other half divided between brown rice and green grams. Pumpkin leaves should make up the majority of the vegetable portion (Table 1).

Table 1: The plate model for diabetes management

Plate contents	Percentage in served
Brown rice	20%
Green grams	30%
Pumpkin leaves	50%

Risk factors

Some factors that can exacerbate diabetes. For example, using sharp objects when trimming nails can lead to infections that are difficult to heal for diabetics. Additionally, wearing open-toed shoes can put patients at risk of foot injuries. Avoid these factors to reduce the risk of complications.

Client interview

The following questions ask about water intake, food cravings, occupation, and vegetable preferences. By answering these questions, readers can gain a better understanding of their own diabetes management needs and make informed choices about their health.

1. How frequently do you drink water per day, and how much do you drink (in liters)?
2. What are your most common food cravings, and how do they affect your blood sugar levels?
3. Who is the breadwinner in your household, and what is their occupation?
4. Are there any types of vegetables that you don't like or have trouble incorporating into your meals?

Conclusion

In conclusion, managing diabetes requires a range of lifestyle changes that can be challenging but are essential for maintaining good health. By following the recommendations outlined in this article and answering the interview questions provided, patients can take control of their diabetes management and improve their overall well-being. Let us change, to live!