



AADE7 Self-Care Behaviors®

Diabetes is a complex and serious disease, and managing it every day can be challenging. To help, diabetes care and education specialists have developed seven key areas to focus on. A diabetes care and education specialist can help set priorities and coach on each of these areas.

Healthy Eating Having diabetes doesn't mean you have to give up your favorite foods or stop eating in restaurants. In fact, there is nothing you can't eat. But you need to know that the foods you eat affect your blood sugar.

Being Active Being active is not just about losing weight. It has many health benefits like lowering cholesterol, improving blood pressure, lowering stress and anxiety, and improving your mood. If you have diabetes, physical activity can also help keep your blood sugar levels normal and help you keep your diabetes in control.

Monitoring Checking your blood sugar levels regularly gives you vital information about your diabetes management. Monitoring helps you know when your blood sugar levels are on target and it helps you make food and activity adjustments so that your body can perform at its best.

Taking Medication There are several types of medications that are often recommended for people with diabetes. Insulin, pills that lower your blood sugar, aspirin, blood pressure medication, cholesterol-lowering medication, or a number of others may work together to lower your blood sugar levels, reduce your risk of complications and help you feel better.

Problem Solving Everyone encounters problems with their diabetes management; you can't plan for every situation you may face. However, there are some problem-solving skills that can help you prepare for the unexpected -- and decide on a plan for dealing with similar problems in the future.

Reducing Risks Having diabetes puts you at a higher risk for developing other health problems. However, if you understand the risks, you can take steps now to lower your chance of diabetes-related complications.

Healthy Coping Diabetes can affect you physically and emotionally. It's natural to have mixed feelings about your diabetes management and experience highs and lows. The important thing is to recognize these emotions as normal and take steps to reduce the negative impact they can have on your self-care.