

4 Ways You Can Be More Proactive with Managing Diabetes

For some people, diabetes is a part of everyday life. However, that does not diminish its severe risks as a disease. The [World Health Organization](#) found that approximately 1.5 million deaths in 2019 were attributed to diabetes. This illustrates why it is necessary to be proactive in managing the illness.

Some factors affect how easy or how difficult it can be to manage the condition, such as lifestyle, diet, and the associated costs. There are also many people involved in helping to manage your diabetes, including family members and medical specialists. However, you need to look after yourself first and foremost if you're to live life to the max. So, here are five ways that you can be more proactive with managing diabetes:

Know Your ABCs

There are three fundamentals any diabetes patient should remember: A1C, blood pressure, and cholesterol. Monitoring these can help reduce the chances of you having a stroke or a heart attack directly related to diabetes. The first is your A1C blood test, which measures your average blood sugar level over the past few months. For most people, this should read no higher than 7.

People with diabetes also need to monitor their blood pressure and cholesterol. Regularly getting these two tested can tell you if your heart is working too hard — if it is, then you're at risk of having a heart attack or stroke. Your recommended blood pressure should be under 140 over 90 as well as making sure that your cholesterol is in check.

Be More Active

Studies have shown that diabetics that exercise at least four hours a week have a 40% lower risk of getting heart disease compared to those who do not exercise. However, it is important that diabetics follow a personalized fitness routine so that they are able to keep a consistent routine.

A workout routine should focus on two things for diabetics: a stable program and exercises that help build endurance. Our personalized fitness programs at [Destiny Management](#) provide diabetics the opportunity to help improve their endurance based on their unique needs. Our programs help you foster good habits and the commitment to follow through with exercise

routines. Making the choice to be more active is a proactive way of managing your diabetes, and an effective one at that with the right support network.

Maximize Available Resources for Treatment

As with many other conditions, the costs that come with treatment can be tough for patients. This is especially true for diabetics, who have to spend money on medication and treatment, which is especially troublesome for lower-income families.

Fortunately, there are plans like Medicare that cover much of the costs. You can even opt for plans with value-added benefits. Case in point, [Kelsey Care Advantage](#) provides Medicare plans that cover prescriptions and over-the-counter medications for diabetics. There are even plans that support optical care and fitness programs, two things that every diabetic should invest in to maintain their overall well-being. Without customizing your plan, basic Medicare benefits can still cover 80% while you pay 20% of the approved amount for the supplies and services you require.

Eat Well

Taking charge of your diet and eating plenty of whole foods and vegetables can help manage your diabetes. Plants provide the essential carbohydrates, vitamins, and minerals in your diet. Food rich in fiber is especially important as they promote weight loss, which helps lower the risks associated with diabetes.

Nutrition writer [Erin Kelly](#) recommends eating foods such as non-starchy vegetables, fruits, legumes, and whole grains as they are extremely healthy. These high-fiber foods slow the absorption of sugars in the blood and disrupt the absorption of fat and cholesterol. Refined carbohydrates, however, should be avoided because they are typically full of sugar.

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