

# WHAT CARE A DIABETIC PATIENT SHOULD TAKE EVERYDAY



Daily care, healthy habits, and regular monitoring help manage blood sugar and prevent complications.



## HEALTHY EATING

- ✓ Follow a balanced, individualized diet focusing on whole grains, vegetables, pulses, and select fruits while restricting sugary, processed, and starchy foods like bread, chips, and pastries.
- ✓ Avoid sugar, avoid milk and avoid wheat products.
- ✓ Avoid excessive alcohol, too much fried foods, and excessive artificial sweeteners.



## PHYSICAL ACTIVITY

- ✓ Engage in at least 30 minutes of moderate activity most days (walking, yoga, cycling) and include strength exercises 2–3 times per week.
- ✓ Avoid exercising on an empty or full stomach, and check blood glucose before and after physical activity to prevent lows or highs.
- ✓ Regular breathing exercises like power breathing.
- ✓ Don't sit at one place for more than 2 hours.



## MEDICATION & MONITORING

- ✓ Take prescribed medications regularly and avoid missing doses.
- ✓ Check blood sugar at recommended intervals and track what makes levels change.
- ✓ Know how to recognize and treat low blood sugar events, and consider wearing a medical alert bracelet.



## REGULAR CHECKUPS

- ✓ Visit the doctor at least twice a year, with annual eye and foot exams to monitor for complications or as required.
- ✓ Keep track of cholesterol, blood pressure, and HbA1c levels and any other complication.
- ✓ Monitor your symptoms and sugar level yourself.



## FOOT & DENTAL CARE

- ✓ Inspect feet daily for sores, wash them gently, moisturize, and wear comfortable shoes.
- ✓ Practice good oral hygiene to prevent gum infections, brushing and flossing daily, preferably twice a day.



## LIFESTYLE MANAGEMENT

- ✓ Manage stress with relaxation techniques, mindfulness, and social support.
- ✓ Aim for 7–8 hours of quality sleep each night.
- ✓ Avoid smoking completely as it worsens all complications.
- ✓ Keep vaccines up to date (flu, pneumonia, hepatitis B) since diabetes raises infection risk with your doctor's advice.

### QUICK DAILY REMINDERS



Eat healthy, choose smart.



Move daily, stay active.



Take medicines as prescribed.



Check & track your sugar.



Care for your feet & mouth.



Sleep well, stay stress-free.



YOU CAN LIVE A COMPLETE HEALTHY LIFE IN SPITE OF DIABETES.



Small daily steps today, a healthier tomorrow.



Incorporating these precautions daily helps control diabetes and reduces risks of serious complications.



Your health is in your hands.