

## **Diabetic Awareness Group**

### **Tips and Tricks to live well with Diabetes**

On 4<sup>th</sup> March 2015 the group was asked how to live with diabetes and they offered the following.....

#### **Exercise and be active.....**

- Go up and down stairs 2, 3 times a week at work.
- Walking.
- If live in a flat, walk the corridor - 30 – 35 laps an evening.
- Use a spin gym – exercise you can do sitting down.
- Try toning tables and swimming.
- Try to make certain both (partners) do some form of exercise.
- Get into the garden and do some gardening.
- Exercise can be little and subtle – flex muscles, rotate toes, imagine doing a gymnastic routine, stretch as you shower, then twist and turn a little, and finally add in some back stretches.

#### **Food, drink and eating.**

- Eat well.
- Water, drink plenty of it.
- Try to eat together as a family.
- Sugar rule when buying foods: read labels 5% per 100g go for it, 5-10 % okay above 10% tread carefully.
- Check the labels on the cans – if sugar not in the first three items try it – ‘Under 3 feel free’.
- Sugar 7% per 100g go for it.
- Irish yoghurt – Morrisons 7g of carbs no added sugar.
- Be careful of low fat foods they can have added sugars.
- Ensure low sugar food cooked.
- Eat well – that is healthily, balanced meals at reasonable times.
- Step aside from social guilt (others suggesting just ‘one’ won’t hurt) and be true to what you need to be healthy.
- Diabetic problems happen – plan for them, have emergency kit ready then go with the flow and enjoy life as much as possible.
- There are lots of different sugars around. Experiment with them in your cooking – truvia , zorbitol, fruit sugar.
- Cake is possible – choose ingredients that are lower sugar, or replace the sugar with alternatives e.g. beetroot, carrot.
- Enjoy food.

#### **Plan ahead**

- Do a plan. Put your information in a document. This will make you think and act about your health. By doing a plan you will chat to your ‘first contact’ person; be aware of your own choices and preferences because of going through the process of planning and doing. Equally by doing a plan: someone knows you are diabetic, what needs to happen, and you have thought things through.
- In bag keep notepad and pen so if you see a health official you can jot down information.
- Always carry something sweet in case of emergency (even if you have never had a hypo).
- Jelly babies are a good emergency treat.
- I work out carbs for insulin I take – and keep book with me to check if need be when out.

### **Keep up to date:**

- The library is a good source of info.
- Keep up with the new information that comes on to the market.
- Join a group that keeps up to date.
- Talk to health experts.
- Attend information days
- Look after yourself
- Make sure you see the Nurse every year.
- Join a support group.
- Not take it too seriously – whatever it may mean.
- Buddy up with another person e.g. sugar buddies
- Stress try and keep it down
- Take your medication at regular intervals
- Find a support group, find a support group, FIND a SUPPORT group!
- Healthy living with a few occasional treats also does you good.
- Keep in contact with consultant regularly if under consultant
- Get support somewhere.
- Don't be bogged down by what said at the surgery – the don't do this... don't do that...
- Join a group and laugh a lot.
- The less stressed and more content you are the better sugar levels are maintained.
- Stressing about sugar levels can make things worse. Do things gently. Being sensible, calmer about tweaking them, the better blood sugar levels can be.
- Check medication has been taken.
- Find people who laugh.

### **Mantras worth having**

- It isn't all doom and gloom.
- Don't let diabetes rule - you rule it.
- Diabetes has to live with me.
- Mind over matter.
- Under 3, feel free.
- Live each day as your last because one day you will be right.
- The happier you are the better life will be.