

Managing Type 2 Diabetes

The power to manage type 2 Diabetes is in you.

A key to managing type 2 diabetes is controlling blood sugar levels. The American Diabetes Association (ADA) suggests:

- For patients diagnosed with type 2 diabetes mellitus, healthy blood sugar levels are 70 to 130 mg/dL (milligrams per deciliter) before meals and less than 180 mg/dL at 1 to 2 hours after starting meals
- An A1C goal of 6.5 or less *(One way your healthcare provider measures your blood sugar levels is with a hemoglobin A1C test. It shows your average blood glucose levels over the last 3 months. It is the best way to learn your overall blood glucose levels during this time.)*
- Another step towards leading a healthy life with type 2 diabetes is learning some new habits. These include:
 - Choosing what, how much, and when to eat
 - Getting physically active
 - Checking your blood glucose (if your doctor prescribes it)
 - Going to your doctors' appointments
 - Learning all you can about diabetes
 - Taking medicine as your doctor prescribes it
- Another way to help manage your diabetes is to join our [Diabetes Support Group](#) here at the Senior Center where they explore such topics as :
 - Nutrition & Health Eating
 - Foot Care
 - Physical Activity
 - Street Management
 - Medications
 - Glucose monitoring
 - And Much More

Hosted the 1st Monday of each month at 1:00pm

Group Lead Kimberly Freeman, RN from the McDowell Hospital

For More Information Contact:
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