

FOLLOW A HEALTHY CICLE TO CONTROL **YOUR DIABETES!**

It is very important to keep a lifestyle that promotes health and wellness. Recent studies show that lowering blood glucose levels helps to prevent potential complications in the health of people with diabetes. On the contrary, high glucose levels might cause serious damage, affecting the cardiovascular system, the kidneys, vision, the nervous system, feet, and others.

Take action and follow these steps to reduce your glucose levels:

1

Eat healthier:

Consume less calories and avoid foods that are high in fats and sugar. Eat fruit, vegetables, and whole grains, since they are full of vitamins, minerals and fiber.

2

Do physical activity or exercises:

Do at least 30 minutes a day of moderate intensity physical activity (e.g., fast walking) at least 5 days a week. Be more active!

3

Take your medications:

Ask the physician for information on how those medications will work. It is important to know when and how to take the medications.

5

Keep a record:

The data you should write down is very important, and will help you to follow track of your care. Besides, you'll help your doctor to better know about your health condition.

4

Monitor your levels:

Monitor your blood glucose at least once every four hours.

A cycle is a certain period that, when it ends, then it starts all over again. Take action to start the cycle that will help you to control diabetes!

References

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