

# diabetes & good health

## 10 steps to good health... what you can do

- Step 1** Be well. Stay as physically active in as many ways and as often as you can. Aim for a minimum of 30 minutes every day. Activity can be cumulative eg: 10+10+10 minutes. Why not join a group or a structured program such as water aerobics?
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- Step 2** Eat well. Choose a variety of foods low in saturated fat and salt. High fibre foods are also recommended eg: wholegrain breads and cereals, legumes, fruit and vegetables. Eat less food (energy) than you use (burn) to reduce body weight if you are overweight.
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- Step 3** Test your blood glucose levels regularly. Blood glucose levels kept within recommended ranges will lower your risk of many diabetes complications. Between 4–10mmol/L for type 1 diabetes and 6–10mmol/L for type 2 diabetes are the ideal target ranges. However individual goals will vary depending on your age, other individual circumstances and what your doctor or credentialled diabetes educator recommends is right for you.
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- Step 4** If you smoke, STOP! Get help if needed. Talk to your doctor, call Quitline on 137 848 or visit the websites [www.quit.org.au](http://www.quit.org.au) or [www.icanquit.com.au](http://www.icanquit.com.au).
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- Step 5** If you drink alcohol, do so in moderation (refer to the *Alcohol and Diabetes* information sheet).
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- Step 6** Keep track of your weight (and 'waist'). If overweight, even small amounts of weight loss can make a big difference to your general health and diabetes management. Ask your doctor or diabetes health team if this applies to you.
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**There are 10 positive steps you can take towards managing your diabetes and staying in good health. Some apply to your lifestyle, others are important check-ups which need to be done on a regular basis.**



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**Step 7** Have your doctor arrange for the recommended management and diabetes complication checks: Blood pressure every visit; blood glucose average (HbA1c) 3–6 monthly and cholesterol (lipid profile) and kidneys (microalbumin) every year. Ask your doctor if you have had your cycle of care.

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**Step 8** Take care of your feet and look at them daily. Cut nails carefully (your registered podiatrist will show you how) and wear well fitting supportive shoes. Have your feet checked by a health professional every six months and see a registered podiatrist every 12 months\* for a thorough examination.

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**Step 9** Have your eyes (retina) checked by an eye specialist or trained optometrist every 1–2 years\* to check the blood vessels in the back of your eyes.

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**Step 10** Live well and be well.

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\* Unless otherwise recommended.

## Would you like to join Australia's leading diabetes organisation?

- > Dietary services
- > Free magazines
- > Children's services
- > Educational literature
- > Product discounts
- > Support groups

For more information phone **1300 136 588** or visit your State/Territory Organisation's website:

<b>ACT</b>	<a href="http://www.diabetes-act.com.au">www.diabetes-act.com.au</a>	<b>NSW</b>	<a href="http://www.australiandiabetescouncil.com">www.australiandiabetescouncil.com</a>
<b>NT</b>	<a href="http://www.healthylivingnt.org.au">www.healthylivingnt.org.au</a>	<b>QLD</b>	<a href="http://www.diabetesqueensland.org.au">www.diabetesqueensland.org.au</a>
<b>SA</b>	<a href="http://www.diabetessa.com.au">www.diabetessa.com.au</a>	<b>TAS</b>	<a href="http://www.diabetestas.com.au">www.diabetestas.com.au</a>
<b>VIC</b>	<a href="http://www.diabetesvic.org.au">www.diabetesvic.org.au</a>	<b>WA</b>	<a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a>

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