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# Living With Type 2 Diabetes

For some people, being told “you have type 2 diabetes” can often be a wake-up call. Fortunately, there are some things you can do to manage the disease and improve your overall health.

- Living With Diabetes



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## Managing your blood sugar: three things to remember

1

**Keep** your blood sugar levels in the target range! It’s important to know whether your levels are high or low, and to understand how diet, exercise and taking medication affect these levels.

2

**Discuss** how often you should measure your blood glucose levels with your doctor. This can help your diabetes health care team make informed decisions about whether your medications, diet or activity levels need to be adjusted.

3

**Know** that uncontrolled blood sugar levels are a red flag! Controlling your blood sugar alone may not be enough. But, there are medications that – along with diet and exercise – have been proven to lower the risk of

dying from problems related to your heart and blood vessels.



## **Diet and Exercise**

Tracking your food intake and incorporating physical activity into your daily routine can make a big difference in your overall health.

[Read our lifestyle tips](#)



## **Heart Healthy Foods**

Incorporating heart healthy foods into your diet is an important part of managing your diabetes and reducing your risk of heart disease.

[Get tips for healthy eating](#)





## Mental Health

One in three people diagnosed with diabetes will also experience depression.

[See what you can do](#)



## Getting Support

A type 2 diagnosis may seem overwhelming, but you're not alone.

[Find out where to get help](#)

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