



Guiding Seniors to Better Diabetes Management

Managing diabetes later in life presents unique challenges, especially since seniors experience less physical activity and insulin sensitivity. With proper care and lifestyle changes, you can take control of your health in the golden years.



Key Considerations for Seniors with Diabetes

- **Regular Health Check-ups:** Schedule regular check-ups with your healthcare provider to monitor your blood sugar levels, blood pressure, and cholesterol.
- **Dietary Guidelines:**
 - **Balanced Diet:** Consume a balanced diet rich in fruits, vegetables, whole grains, and lean protein.
 - **Portion Control:** Be mindful of portion sizes to avoid overeating.
 - **Hydration:** Drink plenty of water to stay hydrated.
 - **Limit Sugary Drinks:** Reduce consumption of sugary drinks, including soda and juice.
- **Regular Exercise:** Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Medication Adherence:** Take your medications as prescribed and discuss any side effects with your doctor.
- **Blood Sugar Monitoring:** Monitor your blood sugar levels regularly, as recommended by your healthcare provider.
- **Foot Care:** Inspect your feet daily for cuts, sores, or signs of infection.
- **Eye Exams:** Schedule regular eye exams to check for diabetic retinopathy.

Addressing Common Challenges

- **Decreased Appetite:** Consult with a registered dietitian to develop a meal plan that meets your nutritional needs.
- **Digestive Issues:** Consider dietary modifications and consult with your doctor to manage any digestive problems.
- **Medication Side Effects:** Discuss any side effects with your doctor to find appropriate solutions.
- **Social Isolation:** Stay connected with friends and family, join social groups, and participate in activities you enjoy.



Advanced Diabetes Supply is committed to providing information and support to individuals with diabetes. Our certified diabetes educators can offer personalized advice on nutrition, medication, and lifestyle management.

We're committed to your health. Contact us today for more information.



Advanced Diabetes Supply

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