

# Navigating Your Diabetes Journey

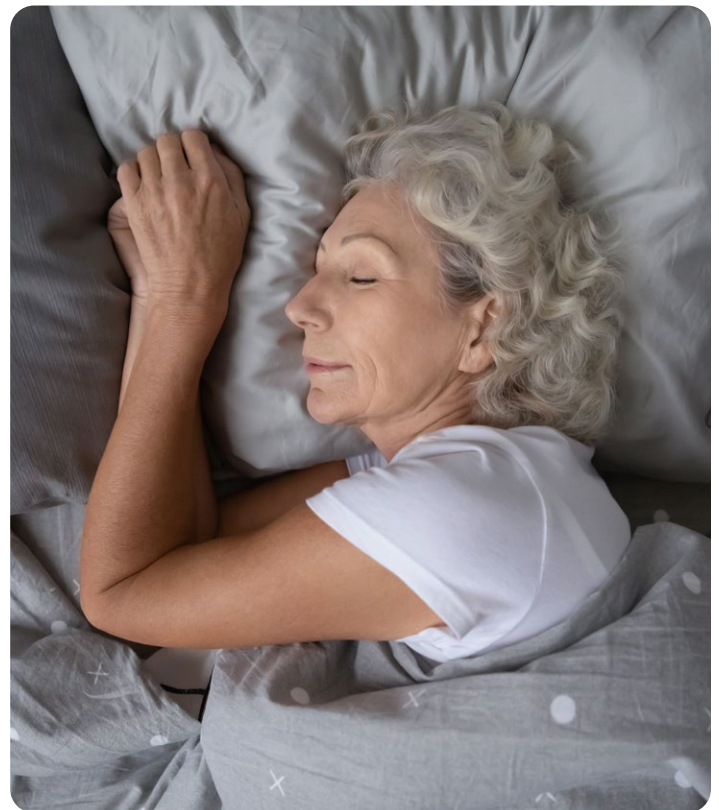
A diabetes diagnosis can feel overwhelming, but the right information and support can help you manage it successfully and live a fulfilling life.

## Understanding Diabetes Types

- **Type 1 Diabetes:** An autoimmune disease that destroys insulin-producing cells in the pancreas.
- **Type 2 Diabetes:** A condition characterized by insulin resistance and impaired insulin production.
- **Gestational Diabetes:** Temporary diabetes that develops during pregnancy.
- **Prediabetes:** A condition where blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes.

## Key Strategies for Diabetes Management

- **Regular Blood Sugar Monitoring:** Use a glucose meter to monitor your blood sugar levels regularly.
- **Healthy Eating:** Follow a balanced diet rich in fruits, vegetables, whole grains, and lean protein.
- **Regular Physical Activity:** Engage in regular physical activity, such as brisk walking, swimming or cycling.
- **Medication Adherence:** Take prescribed medications as directed and consult your healthcare provider for any adjustments.
- **Stress Management:** Practice stress-reducing techniques like meditation, yoga, or deep breathing.
- **Adequate Sleep:** Aim for 7-8 hours of quality sleep each night.





## More Tips for Living with Diabetes

- **Educate Yourself:** Learn about diabetes, its complications, and how to manage it effectively.
- **Seek Support:** Join a diabetes support group or connect with other people living with diabetes.
- **Regular Check-ups:** Schedule regular check-ups with your healthcare provider to monitor your blood sugar levels and overall health.
- **Emergency Preparedness:** Be prepared for low blood sugar emergencies by carrying glucose tablets or a sugary drink.

## Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

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



### Advanced Diabetes Supply

**Website:** [www.advanceddiabetessupply.com](http://www.advanceddiabetessupply.com)

**Patient Support:** 1-866-422-4866

**Email:** [customer care@northcoastmed.com](mailto:customer care@northcoastmed.com)



### US MED

**Website:** [www.usmed.com](http://www.usmed.com)

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