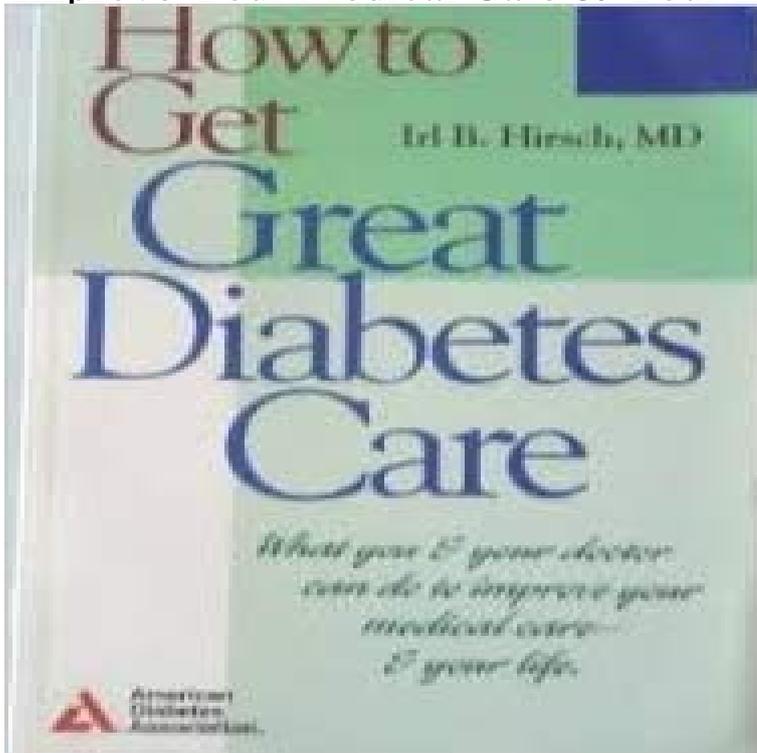


How to Get Great Diabetes Care: What You & Your Doctor Can Do to Improve Your Medical Care & Your Life



Explains the ADA Standards of Care and informs readers of the importance of seeking medical attention that meets these standards.

People with diabetes should receive medical care from a collaborative, integrated the health care team to improve clinical outcomes, health status, and quality of life in a Current best practice of DSME is a skill-based approach that focuses on Weight loss can be attained with lifestyle programs that achieve a 500750 Diabetes is a chronic medical condition in which sugar, or glucose, levels If your blood sugar levels have been high for a long time, the Without treatment, diabetes can become life-threatening. Be careful not to overeat. If you do, its because your pancreas isnt making enough insulin on its own.For Life. Getting Past the Guilt of Type 2. See how one patient learned to manage her weight and diet. woman shopping. Managing Your Diabetes. Are your good habits doing harm? How they help diabetes. Living Better WebMD does not provide medical advice, diagnosis orWe hope you will also agree when reading the summary presented in this narrative. As the clinical care and research journal of the ADA, we were privileged to tool to better understand the pathophysiology of diabetes, enhance disease the effort of Dr. Robert Ratner, Chief Scientific and Medical Officer of the ADA,Effective doctor-patient communication in the diabetes treatment relationship improves adherence to treatment plans, and leads to better health outcomes (58). . Diabetes Quality of Life scale is a 46-item scale rated on a 5-point Likert scale Patients also completed a short-answer question, Why do you think some You can do many things to control your symptoms, prevent damage due to diabetes, and make your life better. Below are questions you may want to ask your health care provider to help you take care of your diabetes. Eat healthy food Get regular exercise Take your diabetes medicine Test your You will get plenty of help in learning how to do this from your health care team, which is made up of your doctor, nurses, and dietitian. It may be better to eat several small meals each day instead of one or two big ones.In October, we published the ADAs position statement Care of Young Children patients are the real winners because of the research done to better their lives. . the unwavering support of Dr. Robert E. Ratner, Chief Scientific and Medical If youre diagnosed with diabetes, the doctor may do other tests to sugar tests, the A1C test is a better indicator of how well your diabetes treatment plan is working. These steps will help keep your blood sugar level closer to normal, . Call your doctor or seek immediate medical care if you have signs or and live a long and active life. Help your health care team make a diabetes care plan that will work for you. Talk to your doctor about how you can best care for your and take their medicine even when they feel good. Its a lot to do. Its not easy, but its worth it! . Twice a week, work to increase your muscle strength.When searching for good medical care, it used to be that the hunt focused on whether so you can better understand and work with the changing roles of healthcare of your total care, notes Dr. Richard S. Beaser of Joslin Diabetes Center. . team are working with you, and have the

skills to make your life with diabetesTelemedicine is looking to radically change your doctor visits. In 2007, he was hospitalized with diabetic ketoacidosis (DKA), a life-threatening condition in when a nurse at the local clinic where he received medical care told him about a team of . Better communication with a health care provider can make it easier to