

# Wellness Tidbits



## SUPPORTING LOVED ONES WITH DIABETES

With over 30 million Americans living with diabetes, more than likely we either have a loved one in our circle of friends, family members, and colleagues that manages the illness, or we have it ourselves.

For many, the daily requirements of managing diabetes can be overwhelming. Uncontrolled blood sugar levels can develop into serious health problems such as blindness, nerve damage, and kidney failure which is why successful diabetes management is so important and often times stressful.

The good news is there are many ways to support your loved one with diabetes:

- **Learn all you can about diabetes.** The more you know, the more you can help.
- **Support a healthy lifestyle of diet and exercise.**
- **Recognize problems** by learning the symptoms of high blood sugar levels (hyperglycemia) and low blood sugar levels (hypoglycemia).
- **Be sympathetic and encouraging.**
- **Offer to attend doctor's appointments with them**, provide a ride to a diabetes education program, or babysit so that they may attend. The more diabetics understand their condition, the better.

The type of support needed differs from person to person. Simply ask how you can help rather than assuming what's best for your loved one. After you ask, the most important thing to do is listen to the answer.



### Join the Monthly TSHBP Fitbit® Challenge!

#### How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

#### Question

What is one way to support your loved one with diabetes?

**ANSWER FITBIT®  
CHALLENGE HERE!**



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