

How is diabetes treated?

People with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful diabetes management, which includes the following:

- **Education:** Diabetes education is an important first step. All people with diabetes need to be informed about their condition.
- **Physical Activity:** Regular physical activity helps your body lower blood glucose levels, promotes weight loss, reduces stress and enhances overall fitness.
- **Nutrition:** What, when and how much you eat all play an important role in regulating blood glucose levels.
- **Weight Management:** Maintaining a healthy weight is especially important in the management of type 2 diabetes.
- **Medication:** Type 1 diabetes is always treated with insulin. Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in controlling blood glucose more effectively.
- **Lifestyle Management:** Learning to reduce stress levels in day-to-day life can help people with diabetes better manage their disease.
- **Blood Pressure:** High blood pressure can lead to eye disease, heart disease, stroke and kidney disease, so people with diabetes should try to maintain a blood pressure level at or below 130/80. To do this, you may need to change your eating and physical activity habits and/or take medication.

Source: The Canadian Diabetes Association 2010

www.diabetes.ca

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