

A Checklist For You



Here are self-care steps recommended by the experts. Make a promise to yourself to do the following – choose where you want to start on your path.

I WILL...

- Make healthy food choices daily

- Be active every day

- Find ways to manage my stress

- Take my medicine as prescribed by my doctor and talk with my doctor about taking aspirin

- Check my blood sugar regularly and record results to help me track my progress

- Attend a diabetes self-management education program

- Quit smoking (call Maine Tobacco Helpline at 800-207-1230)

- Visit Pathways to Excellence at www.mhmc.info, a Maine program that works with doctors to report on the quality of diabetes care.



A participant in the Robert Wood Johnson Foundation's Aligning Forces for Quality initiative to improve health and health care in Maine.



It's Okay to Ask

It's okay to ask your doctor about problems caused by your diabetes – it can help to talk about them. These might include...

- Physical problems, such as numbness or tingling in your feet
- Feelings of guilt, stress, depression, or being out of control

Don't pass off these concerns as being "just your diabetes." Be honest about what's on your mind. It's **OKAY TO ASK** your doctor and diabetes educator questions, and share what's worrying you. You can be your own champion to achieve success with diabetes!

Start With Small Steps

Managing diabetes is not easy. But, spending a few minutes every day doing the right things can make a lifelong difference in your health.

TIP: Start with small steps, and as these become easier and part of a daily routine, add another one. You don't have to change everything at once. And remember to reach out to family and friends if you need extra support. **YOU CAN DO IT!**