



Common Mistakes A Diabetic Patient Makes At least Once

According to the **Centers for Disease Control and Prevention (CDC)** 9.3 percent of all Americans live with Diabetes. Being diagnosed with a chronic disease like diabetes can be overwhelming. A person has to adapt to a zillion do's & don'ts, numerous precautionary measures, and plenty of lifestyle changes all in a jiffy! The **Centers for Disease Control and Prevention and other national and international health organizations** have come up with several diabetes prevention and control programs. Every diabetes patient has to make numerous dietary changes, which can help in better management of blood sugar levels, leaving behind a vast scope for all possible diabetes mistakes! Here are some of the most common diabetes management mistakes that people make, and tips to help get you back on track:

Not keeping track of your blood sugar levels:

It is extremely important for a person with diabetes to keep a constant track of their blood sugar levels regularly; the slightest rise or fall in blood sugar levels needs to be attended to and controlled in time. If you see frequent fluctuations in your blood sugar levels, then you must consult your doctor immediately! If you take pills for diabetes or have been prescribed insulin injections, it's important to take them regularly.

Skipping meals:

Your blood sugar may drop too low when you don't eat regularly and spike up suddenly when you do eat. These constant fluctuations might pose a threat to your health. Instead of eating one or two big meals, break the meals apart and eat several small portions during the day. Avoid foods with high salt, sugar, and fat. Have a healthy combination of fruits and vegetables, beans, whole grains, fish, and lean meats, and poultry.

Underestimating the benefits of exercise:

For people with diabetes, exercising makes all the difference between proper management and complications! Exercising helps Type 1 diabetes patients to use the insulin they take better and helps Type 2 diabetes patients to decrease insulin resistance. Exercising will also help in maintaining a healthy weight and for you to feel more energetic! Being active for about 30 minutes every day has proven to be very beneficial for diabetics.

Not getting regular check-ups :

Diabetes affects many parts of a person's body; it raises your risk of heart disease, kidney disease, infections, and dental problems. It's also important to visit your doctor for regular checkups, to be on top of things! People with diabetes are more likely to have eye problems,

gum problems, or some form of nerve damage. There might be numbness, tingling, or pain in the feet, which should be brought to a doctor's attention immediately.

Fighting diabetes is a battle that requires active participation from both the doctor & the patient. People with diabetes can certainly find victory if they take a conscious decision of following a healthy lifestyle & avoiding mistakes, or just learning from the mistakes they made and improving themselves for the better!

For details visit us <https://dlife.com/diabetes-blog/common-mistakes-a-diabetic-patient-makes-atleast-once/>

