

General Advice

1. Don't neglect appointments with your healthcare team (doctors, educators, dietitians, and podiatrists).
2. It is important to know how to manage diabetes during times of illness, fasting, and when traveling.
3. Quit smoking.
4. Plan ahead to ensure your driving is safe for you and other road users.
5. Inspect your feet daily and don't walk without shoes.



Getting Support

Your family and friends can be a great source of support because they care about you.

1. Help them to learn about how diabetes affects your body and emotions.
2. Invite them to attend appointments or diabetes classes with you.
3. Include them in your new healthy lifestyle.
4. Ask for help when you need it.

National Diabetes Center

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DIABETES Prevention and Safe Living



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Safety includes taking precautions to avoid serious emergencies caused by diabetes or a related complication.

When talking about safety with diabetes, consider the following:

Lifestyle

A Exercise Safely

1. Check your blood sugar before exercise.
2. Don't Exercise if your blood sugar is less than 100 mg/dL or if you have any symptoms of low blood sugar.
3. Check your blood sugar after exercise.
4. Keep juice and a snack available during exercise.



B Eating Safely

1. Don't neglect the dietitian's instructions.
2. Read food labels and production dates.
3. Cook food in a healthy way (foods are safely cooked when they are heated between 70 - 75 °C)
4. Wash your hands and cooking/eating environment often.

C Blood Sugar Monitoring

1. Keep a stock of extra monitoring supplies, check the expiry date, and ensure to store your monitoring supplies safely.
2. Check your blood sugar level as instructed.
3. Be sure to calibrate and use your own glucometer.
4. Be aware of your blood sugar target.



D Safe Use of Medications

1. Make sure your healthcare provider is aware of all medications and supplements that you are taking. And follow the instructions provided.
2. Be aware of the medications you are taking. Do not share your medications with others.
3. Store medications safely.
4. Check medication expiry dates.
5. Dispose of used needles in a special container.
6. Always maintain a stock of extra medication and supplies to ensure you have a sufficient amount until your next doctor's appointment.

