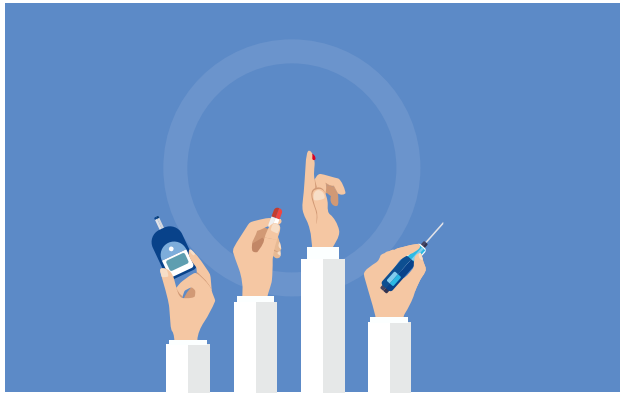


Diabetes and Family

Living with diabetes is not easy, and unfortunately once it has developed, diabetes does not go away. In order to successfully manage diabetes, most people with diabetes need to make some serious lifestyle changes.

It is important for family and community members to provide support to people with diabetes.



Important things to keep in mind:

Face the Changes

The family of a person diagnosed with diabetes should help them to accept the changes they will need to make to their lives.

Be Informed and Engaged

Engaging family members in diabetes education and care will increase their awareness of the management of diabetes.

Ask, Don't Assume

Consult before taking decisions related to diabetes care.

Be Positive

Encourage people with diabetes to focus on the positive aspects of their life and avoid talking constantly about diabetes.

Others Diabetes Experience

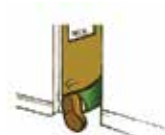
Set realistic expectations and learn from other families' diabetes experience. This will help to clarify what can be expected.

Blood Sugar Range

Become familiar with the symptoms of low and high blood sugar levels and how to intervene in a timely manner.

Hyperglycemia

Symptoms of High Blood Sugar:



Excess Of Urine



Dry & Itchy Skin



Blurred Vision



Drowsiness



Nausea



Weakness / Fatigue

Hypoglycemia

Symptoms of Low Blood Sugar:



Cold Sweat



Fast Heartbeat



Headache



Anxiety



Extreme Hunger



Blurred Vision



Extreme Thirst



Acceptance

Be willing to accept the different emotions of people with diabetes.