

Self Management of Diabetes

Okay, so you've found out that you have diabetes. Diabetes can be a very demanding and overwhelming disease. It's there all the time, 24 hours a day, 365 days a year, and it never goes away because there is no cure. In fact diabetics often wish they could take a vacation from their diabetes. But it's important to understand that diabetes is not a death sentence and many individuals with diabetes live long, active and fruitful lives (DDF's Executive Director, Andrew P. Mandell is a perfect example).

So now what? Well you have several options each with a predictable outcome. First you can choose to do absolutely nothing. Most people feel fine when they get the initial diagnosis and think it doesn't matter if they get and keep their diabetes under control.

However, that option increases the likelihood that your diabetes will progressively get more severe. Eventually you will begin to experience serious and unnecessary complications such as blindness, kidney disease or amputations.

Or, and this is the preferred choice, you can take control of your disease and your life and learn to manage your diabetes.

Self-Management is fundamental to the successful control of diabetes. Defeat Diabetes Foundation supports a patient-empowerment model of diabetes care and education, in which the patient becomes the central player on the treatment team. This is widely recognized as the best model to help diabetics successfully manage their diabetes.

Source: http://www.defeatdiabetes.org/self_management/text.asp?id=Self_Mgt_Diabetes