

Diabetes Management: No Need for Martyrdom



Brian Carrigan

This story has always stuck with me: A while back, a diabetic client of mine shared with me her “secret” to maintaining a healthy sugar/insulin level without compromising on the food that she so dearly enjoyed or, as she emphatically put it, “My quality of life.” Her story, or more accurately, her adage, went something like this: “*A small sliver tastes the same as eating the whole pie.*”

While this should bring a smile to most of our faces, her point is very well made, and I often think back to this nugget of truth when I hear about diabetic folks struggling to adhere to an often-times impractical regimen.

Regardless of the Type of diabetes you have, please do realize this illness is a serious one that by no means should be taken lightly. Proper measures to control the disease process are paramount. These may be slight lifestyle adjustments that are relatively simple such as changing your diet or exercise routine, or can include taking an oral medication, or, in the case of Type I and/or Type II diabetes, having to engage in multiple forms of treatments, including insulin dependency. Lastly, blood sugar levels should be monitored at frequent intervals (generally speaking, it is better to check more often than less often, but there is no need to obsessively test every minute of the day). And of course, it is always best to consult with your doctor before changing or trying anything outside of your prescribed diabetes regimen.

But if and when practical, do pay attention to “Your quality of life” and consume those foods – however slight the portion might need to be – that you really enjoy.

Keeping the promise,
Brian Carrigan



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