

Empowering diabetes care: How lifestyle choices managing diabetes

Corlin Lorenyz*

Received: 04-Dec-2024, Manuscript No. FMDM-24-130408; **Editor assigned:** 06-Dec-2023, PreQC No. FMDM-24-130408 (PQ); **Reviewed:** 20-Dec-2023, QC No. FMDM-24-130408; **Revised:** 27-Dec-2023, Manuscript No. FMDM-24-130408 (R); **Published:** 04-Jan-2024, DOI: 10.37532/1758-1907.2024.14(1).575-576.

Description

Living with diabetes presents daily challenges, but it's also an opportunity to take control of your health through lifestyle choices. Lifestyle management is a cornerstone of diabetes care, offering individuals the power to improve their well-being and minimize the impact of this chronic condition. This article discusses about how lifestyle changes in diet, exercise, stress management, and other areas can effectively manage diabetes and enhance quality of life.

■ Diet and nutrition

Adopting a balanced diet is crucial for managing diabetes.

Carbohydrates: Choose complex carbohydrates with a low glycemic index, such as whole grains, legumes, and vegetables, to help regulate blood sugar levels.

Protein: Include lean sources of protein like poultry, fish, tofu, and legumes to promote satiety and stabilize blood sugar.

Healthy fats: Incorporate sources of unsaturated fats, such as avocados, nuts, seeds, and olive oil, to support heart health and improve insulin sensitivity.

Portion control: Monitor portion sizes to prevent spikes in blood sugar levels. Use smaller plates, measure serving sizes, and avoid super-sized portions.

■ Regular physical activity

Control blood sugar: Physical activity lowers

blood sugar levels by increasing insulin sensitivity and promoting glucose uptake by muscles.

Manage weight: Regular exercise aids in weight loss or maintenance, reducing insulin resistance and the risk of complications.

Improve overall health: Exercise boosts cardiovascular health, reduces stress, and enhances mood. Aim for at least 150 minutes of moderate-intensity aerobic exercise per week, such as brisk walking, cycling, or swimming. Incorporate strength training exercises to build muscle mass and further improve insulin sensitivity.

Blood sugar monitoring: Regular monitoring of blood sugar levels is essential for diabetes management. Use a blood glucose meter to track levels before and after meals, as well as before and after exercise.

Keep a record of your readings and share them with your healthcare team. This data helps assess treatment effectiveness and identify patterns or trends that may require adjustments in medication or lifestyle.

■ Stress management

Stress can affect blood sugar levels and overall well-being. Practice stress-reduction techniques are given below.

Mindfulness meditation: Focus on the present moment and cultivate awareness through meditation or deep breathing exercises.

Physical activity: Engage in activities like yoga,



Department of Endocrinology, Duke Kunshan University, Jiangsu, China

*Author for correspondence: E-mail: Clorenyz11@gamil.com

tai chi, or gentle stretching to reduce stress and promote relaxation.

Hobbies and interests: Pursue activities that bring joy and fulfillment, whether it's gardening, painting, or listening to music. Prioritize self-care and make time for relaxation to minimize the impact of stress on diabetes management.

■ Medication adherence

In addition to lifestyle changes, some individuals with diabetes may require medication to control blood sugar levels effectively. Adhere to prescribed medication regimens and follow your healthcare provider's instructions regarding dosage, timing, and potential side effects. Regularly review your

medication plan with your healthcare team to ensure it remains appropriate and effective for your needs.

Lifestyle management is a fundamental aspect of diabetes care, empowering individuals to take charge of their health and well-being. By making informed choices in diet, exercise, stress management, and medication adherence, people with diabetes can effectively manage their condition, prevent complications, and enjoy a fulfilling life. Remember that small changes add up over time, and with dedication and perseverance, you can achieve better diabetes control and overall health outcomes..