

YOUR **DIABETES**, YOUR WAY FORWARD

The key things you can do to live well with diabetes are:

- 1 Know your **blood pressure** numbers
- 2 Know your **cholesterol** levels
- 3 Know your blood sugar levels (called **HbA1C**)

You can improve your numbers by:

Eating a healthy, balanced diet

Maintaining a healthy weight
– this will help control your blood glucose level

Staying active

Taking your medication properly

Going to your regular checkups

For more information about living well with diabetes in Warrington visit:
warrington.mydiabetes.com

Diabetes increases the risk of serious conditions such as blindness, strokes, heart disease, kidney failure, amputations and erectile dysfunction (impotence). It can also impact upon your mental wellbeing – from sadness and anxiety through to serious depression.