

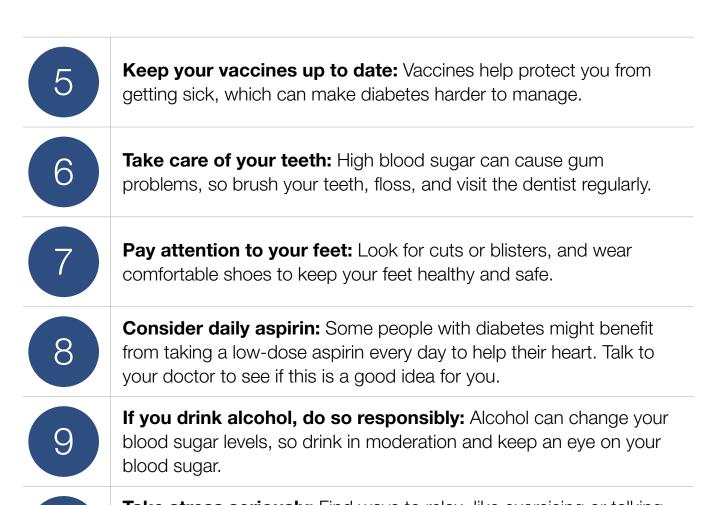


## Diabetes Care: 10 Ways to Avoid Complications

This document is part of the PEBB November Newsletter, Diabetes Prevention and Care. To access other resources, visit the <u>News and Events page</u>.

There are things that you can do to avoid diabetes complications. Consider the steps below from this <u>Mayo Clinic article</u> to protect your health. Click each link below to go to the relevant sections of the article.

- Make a commitment to managing your diabetes: Diabetes is a condition that requires regular, ongoing care.
- **Don't smoke:** Smoking can increase your risk for developing complications related to diabetes.
- Keep your blood pressure and cholesterol under control: High blood pressure and cholesterol can make managing your diabetes more difficult.
- Schedule regular physicals and eye exams: These check-ups help keep track of your health and catch any problems early.



Take stress seriously: Find ways to relax, like exercising or talking to someone, to help keep your blood sugar steady and feel better overall.

Source: Mayo Clinic

