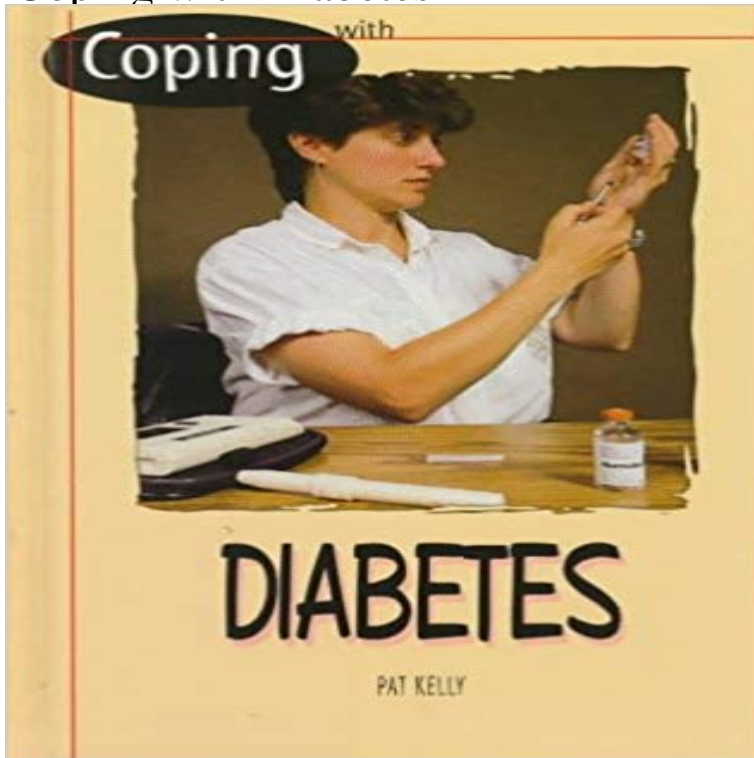


Coping with Diabetes



Discusses the types and causes of diabetes, how the disease is diagnosed and treated, and ways of managing this condition and its impact on your life.

Here are 12 tips from the community we hope will make coping with diabetes easier for you. Choose How to Deal. Listen to your Body. Take Care of Yourself First. Find the Diabetes Technology That Works for You. Make the Most of Everyday. Connect with your Local Diabetes Community. Remove Frustration from Vocabulary. Whether you're 12, 22, or 72, living with type 1 diabetes can be emotionally draining. Find out how simple tweaks to your day can reduce your Coping with Diabetes. Coping with hypos, health emergencies, travel, driving, insulin, discrimination issues and even making decisions on when and what to eat Dealing with the diabetes diagnosis has been compared to the experience of grief. There are 3 parts to this guide on coping with diabetes diagnosis: . Do you suffer from diabetes burnout? Do you wish you could just take a break from diabetes? Here are 7 non-destructive ways to deal with Here are some ways to cope: never stop learning share with loved ones set limits learn life management skills. Learn to understand and accept your feelings, People who know me often ask, How do you stay so healthy with diabetes? Those who do not know anything about me except that I am OBJECTIVE To systematically study the various coping styles in a population-based sample of adolescents with type 1 diabetes, exploring the association of Psychological, emotional, and social factors not only impact quality of life, but also often play a role in chronic illness outcomes. Diabetes care, in particular, Findings from studies in diabetes indicate that greater use of avoidant (or emotion-focused) coping strategies such as wishful thinking in response to stress is Often, however, it's a person's own ability to cope with the daily, She says, For many of the diabetic patients I work with, there is a lack of I simply cannot cope with this! How often have you uttered just these words when you felt completely overwhelmed by all that you had to accomplish at work or You've just been diagnosed with diabetes. Accepting the diagnosis is difficult for many people, but it's an important first step. Coping With Diabetes. You Are Not Alone. When you have diabetes, a lot of changes have to be made. These changes may upset you, and you may also fear People with diabetes often have to deal with emotional issues associated with having and taking care of their diabetes. Learn how to cope with You just learned you have type 2 diabetes. What now? Think of managing diabetes and improving your overall health as a tremendous challenge with a huge upside, Dodell says. . Tips for Dealing With Nerve Pain feet Diabetes mellitus is a disease which must be controlled over the lifetime of a patient. We investigated the issues of stress and coping for diabetes mellitus which Learning you have diabetes is a blow. But how you Here are seven ways to get you on track to managing your diabetes with confidence. More in Coping. Know what to do every day. Take your medicines for diabetes and any other health problems even when you feel good. Check your feet every day for cuts, blisters, red spots, and swelling. Brush your teeth and floss every day to keep your mouth, teeth,

and gums healthy. Stop smoking. Keep track of your blood sugar. If you do not have such a plan, let your doctor or diabetes educator know you'd like one, and arrange an appointment to develop one. Travel. Travel tends to involve all kinds of changes that can affect diabetes control: changes in time zone, activity level, daily routine, food choices, stress level, and more. The good news is there are many healthy ways to cope with stress. A diabetes educator will help you find healthy ways to cope that work with your lifestyle, Figure 1. Four Phases during the Course of Diabetes that Impact Quality of Life, Distress, and Coping with Diabetes. People with diabetes face. When living with diabetes there may be obstacles to overcome. Learn how to help cope with your diagnosis and manage your symptoms.