

YOUR CARE POLMED

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Five ways of sabotaging diabetes management



While diabetes affects 4.5 million South Africans, the condition is quite manageable. Unfortunately, many people living with diabetes sabotage their own health, increasing their risk for complications that include heart disease, kidney damage, and vision loss.

To better manage your condition, you should be aware of how you can impair your glucose levels.

Five things that negatively affect glucose levels

1

Not sleeping enough

Managing glucose levels is essential for diabetes management. Unfortunately, poor sleep habits can increase glucose levels, which can lead to complications. It's recommended that adults get seven or more hours of sleep per night regularly.

2

Smoking

Smoking is terrible for your health in general, and it can also increase glucose levels. In fact, smokers are 30 to 40% more likely to develop diabetes than non-smokers. Also, people with diabetes that smoke often require larger doses of insulin. Try to quit smoking through a stop-smoking programme or by joining support groups.

3

Stressing out

High levels of stress can impair glucose levels, as the stress hormone cortisol affects insulin sensitivity. Manage your stress by meditating, listening to music, and reading more.

4

Skipping breakfast

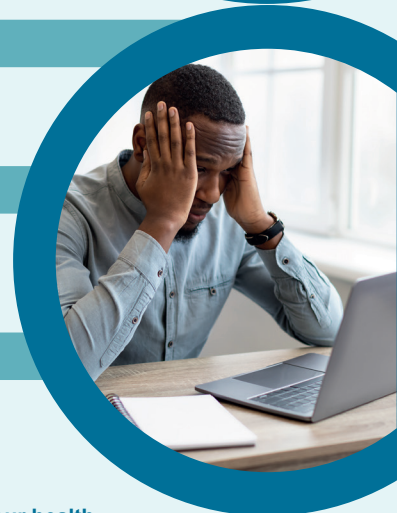
Breakfast is the most important meal of the day, especially for those with diabetes. Skipping meals can increase glucose levels. Skipping breakfast can also increase the risk of developing diabetes by 6%. If you don't have the time, a healthy and quick breakfast idea includes oatmeal or an omelette.

5

Not reaching out for help

When you're dealing with a chronic condition, it's essential to have the proper support around you. Friends and family can exercise with you, help you make the right dietary choices, and even accompany you to your doctor's appointments.

Diabetes is a manageable condition, and with the right tools and information, you can better protect your health.



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