



## Why is addressing diabetes important?

Martha lives alone and recently found out she has diabetes. She noticed that she was feeling tired all the time and her vision was getting worse. She talked with her daughter and saw an optometrist. She found out that the blurriness was caused by high blood sugars. Martha then met with a Diabetes Educator and learned that diabetes can cause many different symptoms, including blurred vision. She also learned there are things she can do to keep her blood sugars at a healthy level. These changes have helped Martha feel better and more comfortable living alone.

## What can you look for?

- Dehydration
- Changes in memory and vision
- Hard time chewing, swallowing, and preparing food

Diabetes is when the sugar level in the bloodstream is higher than normal. Diabetes can lead to serious health problems if not controlled.

## Questions to ask yourself:

- How do foods and drinks affect your blood sugar?
- Do you take your medications as directed?
- Do you find your blood sugars going too low or too high?
- What can you do to be active?





## What can you do?

- Be physically active
- Maintain a healthy diet
- Practice healthy sleep habits
- Stay connected with friends and family
- Take your medication as directed

## Where can you find support?

- [Diabetes Education class](#) offers education, training, and methods for management.
- [Elder Program](#) and [Traditional Healing](#) can offer support to stay connected.
- [Health Education](#) and [Registered Dietitians](#) can assist with making healthy changes to your diet.
- [Integrated Pharmacist](#) can assist with making your medications simple.
- [Wellness Center](#) and [Exercise Team](#) offer opportunities for physical activities.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

- Dental
- Elder Program
- Exercise
- Health Education
- Optometry
- Primary Care
  - Diabetes Support Program
  - Family Health Resource
  - Integrated Pharmacist
  - Registered Dietitian

## Community Resources

- Anchorage Senior Activity Center (907) 770-2000
- YMCA (907) 563-3211

