

# AGING WELL

# Diabetes

## 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 are some considerations for diabetes?

- 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?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code

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Foundation**



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## 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?

Contact your care team at Nilavena Regional Health Center..... (907) 571-1818

NB

☒ Registered Dietitians 

Registered dietitians can assist with making healthy changes to your diet.

☒ Integrated Pharmacists 

Integrated pharmacists can assist with making your medications simple.

☐ Elder Program 

The Elder Program can provide support and help you stay connected.

☐ Traditional Healing   ..... (907) 729-5238

Traditional Healing can provide Alaska Native approaches to health and wellness.

☐ Wellness Center and Health Education   ..... (907) 631-7630

The Wellness Center and Health Education can provide resources to support your health and wellness.

### Key

NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit