

# Health Bulletin



## Team Approach Helps Control Diabetes

(NAPSA)—Diabetes is a difficult condition to manage because it affects every aspect of a person's life—when and what to eat, when to sleep, how and when to exercise. However, people with diabetes can live healthy lives—if they take control of their disease.



**Dr. Katzeff**

“Managing diabetes does not have to be overwhelming,” says Dr. Harvey Katzeff, Chief of Endocrinology at Long Island Jewish Medical Center. “It

is necessary to understand the medical aspect of the disease and to develop the skills to integrate good clinical care into daily routines.”

As a member of the BD Diabetes Dream Team, a group of professionals with expertise in diabetes, Dr. Katzeff helped five people from across the country take control of their diabetes. He says that anyone with diabetes can create their own care team; you just need to reach out to experts in the community.

Here are the experts to look for when creating your Diabetes Dream Team.

- Endocrinologists are doctors who often specialize in treating people with diabetes; they can help you determine a blood sugar target that is right for you and recommend a treatment program—including diet, exercise, oral medication, insulin or a combination of these—to help you get, and keep, your blood sugar level within your target range.

- Diabetes educators, who often work with endocrinologists, can help you develop the skills you need to manage your diabetes, including monitoring your blood sugar level and injecting insulin. They also can identify products that are comfortable and easy to use, such as the BD Logic™ Blood Glucose Monitor, which reads your blood sugar level in only five seconds.

- The food you eat affects your blood sugar, so it is important for people with diabetes to understand what and when to eat. A nutritionist or registered dietitian can help you understand how your diet impacts your blood sugar and assist you with healthy meal planning.

- Exercise helps control weight and lower blood sugar. For people with diabetes, 30 to 60 minutes of moderate activity can lower blood sugar levels for 24 to 72 hours. An exercise physiologist can help you create a routine that incorporates moderate-intensity cardio workouts and weight training.

- A professional organizer is valuable for providing organizational tips to reduce stress levels that can affect your blood sugar. They also can improve time management skills, such as helping you create a daily schedule for exercising, eating, monitoring blood sugar and taking medication.

There are diabetes experts in every community. Visit [www.diabetes.org](http://www.diabetes.org) for a list of ADA-recognized diabetes education programs and [www.BDdiabetes.com](http://www.BDdiabetes.com) for more resources.