Don’t keep silent about your diabetes. Talk about your diabetes and make sure to attend every medical appointment.

It can be difficult living with diabetes. Make sure you get the support you need from family friends and other people with diabetes. Diabetes Ireland is a valuable source of support.

Know your average blood glucose level (A1c), blood pressure and blood cholesterol levels. Good control is:
• A1c in the 50’s
• Blood pressure less than 140/80
• LDL cholesterol less than 2.5 mmols or 1.8mmols if heart already damaged.

Aim for a minimum 30 minutes physical activity each day or if not physically capable of walking check out the leaflet Getting Active for Better Health on http://www.diabetes.ie/downloads/patient-booklets/