

Embracing a Healthy Lifestyle for Managing Diabetes

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DESCRIPTION

Living with diabetes requires careful attention to lifestyle choices, as managing blood sugar levels is crucial for preventing complications and maintaining overall health. Whether you have Type 1 or Type 2 diabetes, adopting a healthy lifestyle can significantly improve your quality of life. This article explores key lifestyle habits that can help manage diabetes and promote better health. Diet plays a pivotal role in diabetes management. A balanced diet helps regulate blood sugar levels, manage weight, and prevent complications. Here are some maintaining a healthy weight is particularly important for people with Type 2 diabetes, as excess weight can increase insulin resistance. Losing even a small amount of weight (5-10% of your body weight) can have significant health benefits, including improved blood sugar control, lower blood pressure, and reduced risk of heart disease. To support healthy weight management: Combine a balanced diet with regular exercise to create a calorie deficit that promotes weight loss. Focus on sustainable changes, such as gradual weight loss, rather than drastic dieting. Avoid fad diets, which can lead to fluctuations in blood sugar levels and aren't sustainable in the long term. Regular monitoring of blood sugar levels is essential for understanding how your lifestyle choices affect your diabetes. Keeping track of your blood glucose levels can help you make informed decisions about diet, exercise, and medication. Your healthcare provider may recommend checking your blood sugar levels multiple times a day, especially after meals or before exercise. If you're on insulin or other medications that lower blood sugar, it's important to monitor closely to avoid hypoglycemia (low blood sugar), which can occur with certain treatments. Keeping a log of your blood sugar readings can help your doctor make adjustments to your treatment plan if needed. Stress can have a significant impact on blood sugar levels, as it triggers the release of hormones like cortisol that can raise blood sugar. Managing stress is

vital for diabetes control and overall health. Incorporate relaxation techniques into your daily routine to help manage stress effectively: Practices like mindfulness meditation and deep breathing exercises can help reduce stress and improve mental clarity. Poor sleep can negatively affect blood sugar control and insulin sensitivity. Aim for 7-9 hours of quality sleep per night to support overall health. Finding time for activities you enjoy, whether it's reading, gardening, or spending time with loved ones, can provide a break from daily stressors and improve mental well-being. For many people with diabetes, lifestyle changes alone may not be enough to maintain optimal blood sugar control. Medications, such as metformin, insulin, or SGLT2 inhibitors, may be prescribed to help manage diabetes. It's important to take medications as prescribed and attend regular follow-up appointments with your healthcare team. Be sure to discuss any side effects, concerns, or changes in your health with your doctor. Never adjust or stop taking medication without consulting your healthcare provider. Adopting a healthy lifestyle is key to managing diabetes and preventing long-term complications. A balanced diet, regular exercise, weight management, stress reduction, and medication adherence all contribute to better blood sugar control and improved quality of life. By making small but meaningful changes in your daily habits, you can successfully manage your diabetes and enjoy a healthy, active life. Always work closely with your healthcare team to develop a personalized plan that best meets your needs and goals.

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CONFLICT OF INTEREST

The author has nothing to disclose and also state no conflict of interest in the submission of this manuscript.

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