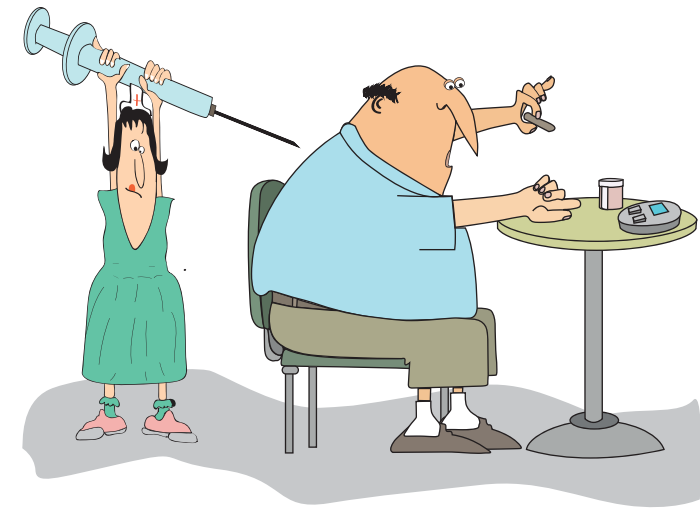




ARE YOU A DIABETES PATIENT?



Then please take note of these simple things which will make your life better.



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LIVING SUCCESSFULLY WITH DIABETES

- Diabetes management is a long-term process and so acceptance from the patient is very important
- Empowering the person with diabetes to take active part in the management and monitoring of his/her condition is an essential key to successful management of diabetes.
- Self care is an essential strategy. Education of the patient with family is the cornerstone of management.
- Good control is important. Self monitoring improves the quality and safety of therapy
- Record keeping is critically needed and should be considered a basic requirement for the management and follow-up.
- Treatment should not only consider lowering the blood glucose level but also should focus on correction of risk factors like smoking, obesity, etc.
- The frequency of monitoring blood and urine investigations depends according to the condition of the patient.

- Dietary counselling should be a continuing process and its importance shall be repeatedly communicated to the patient on each visit.
- Meals should be planned according to the economic factor, local customs and cultural values.
- Special consideration should be given to meal planning during the month of Ramadan.
- Meals should be evenly distributed throughout the day.
- it is better to keep a glucometer with the patient If they can check blood sugar easily and confirm the result.
- Instructions on foot care should be an integral part of the treatment
- Wear properly fitting shoes.
- Stop smoking and consumption of alcohol.
- Avoid trauma to the skin. If injury occurs, take necessary precautions to avoid complication.
- Drugs should be taken on correct time.
- Do not skip the drug or meals.
- Clarify each and every doubt with your doctor.
- Insulin self-injection technique should be carefully and completely understood.
- Plastic disposable syringe should used.
- Patient should know about the type of insulin, the storage techniques, and correct insulin doses.
- Injection should be given into deep subcutaneous tissue at 45 or 90 degree angle.
- Rotation of injection sites is recommended to avoid injection site damage.
- Always keep an identification tag with you, which contain brief details of your disease and management.
- Big on care

**Diabetes is a lifestyle disease.
To live successfully with diabetes,
needs a lot of dedication from your part.
Help your doctor to help you live effectively
with diabetes.**

