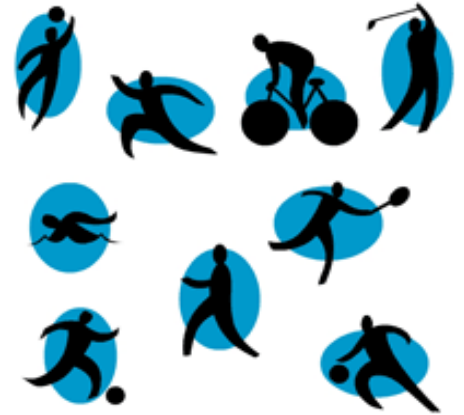


Getting Active

The average person should aim to be active for 30 minutes a day, at least 5 days a week. In order to lose weight, you may need to exercise more. It is important to discuss any increases in activity with your physician first.

Some examples of exercise include taking a brisk walk, dancing, bike riding, walking up the stairs (instead of taking an elevator), yoga, weight lifting/resistance bands, or swimming.



Starting New Medications

Before starting any new medication, it is important to ask your doctor, or pharmacist to explain how the medication would help your diabetes, the side effects, and any other important information. Your diabetes will be managed best when you use your medications properly, eat healthy, and exercise, all together.

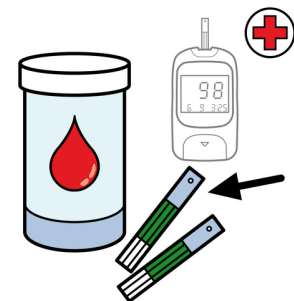


Checking Blood Glucose

For some people with diabetes, they are required to test their blood glucose levels. Your physician will inform you of this when you go for your check-up. In most cases, the fasting (empty stomach) goal is between 80-130 and the post-prandial (2 hours after a meal) goal is <180. It is important to ask your doctor your goals because it may vary from person to person.

There are many different meters in the market to test blood sugar and your physician will choose the best one for you. Make sure to ask your doctor, pharmacist, or diabetes educator

how to use the machine so that you are able to use it accurately. Additionally, keep a log of your glucose levels so and bring them into the physician's office so that he/she may adjust your medications as needed.



Getting Support

Although being diagnosed with diabetes may be a shock for you, it is important to remember that you have many different sources of information available to you. Talk to your doctor or pharmacist about any issues you have and find good resources to read at www.diabetes.org. Remember that you are not alone and you can walk-in any time to Kings Pharmacy on Flatbush Avenue in Brooklyn, NY for further education.



Consider getting a medical alert bracelet, necklace, or other item to alert people that you have diabetes in the case of an emergency.