

4 Ways to Control Diabetes

Description

Diabetes is a condition that can in some instances be controlled by diet, but in others, require medication. This is normally via an insulin injection. To know when blood sugar is not right, a meter can be used. This article will look at ways that we can control diabetes, including looking for the [best glucose meter](#) that we can find.

Glucose Meters

Blood glucose meters can generally be divided into three categories: invasive, non-invasive, and continuous. With the invasive type, a blood sample will be taken using a lancing tool, lancets, and testing strips. These components will be sold as part of a kit that can be purchased. With these kits, the strips and lancets will need to be replaced. Non-invasive kits will take measurements by way of physico-chemical sensors and usually from the arm to determine glucose levels. They are useful in eliminating the number of times someone has to inject insulin but are not as accurate as invasive tests. There can also be a problem with sensors staying in place.

The solution to both of these first two methods is a machine that allows for continuous glucose monitoring. There are blood glucose meters on the market that provide high levels of accuracy and can be worn on the arm, so can be taken anywhere. They generally have implantable sensors and remote transmission systems. They [measure blood glucose levels](#) that exist in the body's™ intestinal fluid. They can more accurately calculate changes in blood glucose levels over a greater period. The continuous system is much less stressful for diabetics who no longer need to prick a fingertip each day. If you are the diabetic reading this, all that you need to know is how to use and maintain the machine. They come with good instructions and health professionals can help show you. They will be pleased that you have a Continuous Glucose Monitoring (CGM) device and keeping a second close eye on your diabetes.

Diet (Food)

Whether you are controlling your diabetes with diet or insulin, which is where the above machine comes in, you will still need to think about what foods to eat or avoid with regards to your diabetes.

Anyone with diabetes should concentrate on eating lean protein and fewer carbohydrates that have been processed. As a recommendation anyway in a diet, fruits and vegetables are a good thing to eat. As are, healthy vegetable-based fats, including avocado, canola oil, olive oil, and nuts.

Eggs are a good source of protein for diabetes because they are low in carbohydrates and have a very low glycemic index score. The American Diabetes Association (ADA) has stated that eggs are suitable for those with diabetes.

Diabetes-Friendly Beverages

There is nothing better than water to keep you hydrated. The same goes if you have diabetes. Green tea is known to have a positive effect on health in general and coffee is okay for diabetics to drink, too. Other recommendations for drinks that are suitable to drink are low-fat milk and vegetable juice. Processed fruits are not so good because key nutrients such as vitamins will be at reduced levels. Also, canned fruits containing sugar should be avoided in cases of diabetes. You should also control the amount of sugar added to drinks.

Sleep

Not enough sleep can raise blood sugar levels, for those who are type 2 diabetics. So, this is something that you can do to help without any intervention other than going to bed sooner than a television show might let you. Sleep is good for health in general and re-energizes us ready for the next morning.

So, some of the best things that we can do if we have diabetes, or to advise those who have, is to buy a glucose meter to continually monitor diabetes, take care with diet, drink diabetic-friendly beverages, and allow ourselves enough sleep. It will help the condition and please the health professionals, too. There is nothing better than self-management of a condition.

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