



WE CAN BE STRONGER THAN DIABETES

Tips for Helping a Person with Diabetes

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to this podcast series on diabetes brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

This podcast is taken from the NDEP brochure *Tips for Helping a Person with Diabetes*.

Diabetes is tough. When you have diabetes, you need to eat healthy food, stay active, control your weight, take your medicine, and check your blood glucose or blood sugar to see how you are doing. And that's on top of handling all the other things in life! No wonder a person with diabetes can feel stressed out and afraid.

You want the best for your loved ones with diabetes—whether they are family members or friends. It's a hard disease to handle alone. You can make a big difference in how well your loved one copes with diabetes.

Here are some tips to get started today.

Tip 1: Learn about diabetes.

There is a lot to learn about living well with diabetes. Treatment is changing and we are learning more every day. You can use what you learn to help your loved one.

Tip 2: Understand your loved one's diabetes.

Each person's experience with diabetes is different. What things are hard for your friend to manage? What things are easy?

Tip 3: Find out what your loved one needs.

Try asking these three questions. What do I do that helps you with your diabetes? What do I do that makes it harder for you to manage your diabetes? What can I do to help you more than I do now?

Tips 4: Talk about your feelings.

Diabetes affects you, too. Telling your loved one how you feel can help both of you.

Tip 5: Offer practical help.

Instead of nagging, find ways to be helpful. Ask what would help your loved one most. Offer to go to the doctor with you're your family member or friend with diabetes. Take a walk or cook a tasty and healthy meal for a friend.

Tip 6: Try a new approach.

When things aren't going right, try something new. Find one thing that works and build from there.

Tip 7: Get help.

Many people can help you help your loved one with diabetes. Find a diabetes support group in your area. Ask your health care provider about ways to get help if your loved one is sad or depressed.

To order your free copy of *Tips for Helping a Person with Diabetes* visit www.ndep.nih.gov, or call the National Diabetes Education Program at 1-800-438-5383.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.