

# Newly Diagnosed Type 2 Diabetic? Easy Guide to Taking Control

When you are newly diagnosed with diabetes one of the first things you learn is that You are in control of this disease. Yes, it's your body that's messed up and is working incorrectly, but you have it in your power to change a lot that isn't working in the right way. Here are the tips that helped me get control of my diabetes.

## **Test Your Blood Sugar**

I test my blood sugar from 4 to 8 times each day until I get it in a good range 80 – 110. Once I'm eating the good diabetic foods and exercising, I reduce the testing to once or twice a week. If I'm having an especially hard time sticking to my diet, I check daily until I get control back.

If you don't have a blood glucose meter and some test strips, you need to get some right away. Your doctor can help here. have them write a prescription for you so your insurance will cover the cost. You can test your blood with the least expensive meter and test strips to keep the expenses as low as possible. Go here to learn how to test your blood sugar.

## **Once you get a glucose meter, set up a testing schedule**

Test as soon as you get up in the morning. You are hoping for a nice reading of 80 – 95. This will depend on what you ate for dinner. Pasta and/or dessert for your last meal of the day will usually mean a high blood sugar in the AM.

Test again 2 hours after breakfast – this tells you about the food you ate. You will know that your selection was a good one if your blood sugar reading is about 100 – 140. If your blood sugar is higher than this, you have eaten too many carbs and your body is having a hard time regulating your sugar. A low carb diet is your friend – more about this later.

Food usually takes about 2 hours to register on the meter, so we test about 2 hours after each meal to see how the food we selected acts on our blood sugar.

Test again 2 hours after lunch and 2 hours after your last meal of the day. Many of us decide to test again right before retiring for the night, just to see what's going on with our sugars.

## **Learn What Your Numbers Should Be and Strive to Keep Them in the “Good Zone”**

When you go to the doctor and he takes a blood test, he is performing a blood test called an A1C. This blood test measures your red blood cells and tells how much sugar is attached to them. This gives the doctor an average of your blood sugar for the preceding three months (about the age of most red blood cells). The A1C numbers to strive are in the 4.5% – 5.5% range.

Some physicians are happy if your blood sugar is in the 6% range, but I am telling you that that is a range that corresponds to blood sugar numbers over 160 and these mean that nerve damage might already be occurring.

To keep away the nerve damage and all the sickening symptoms of Type 2 Diabetes that can run rampant, try to keep your numbers in the lowest range. I was very excited when I hit the 5% range, and I went to Blood Sugar 101 and joined the 5% Club. Now I know that is not even low enough, so I'm striving for 4.5%. Not there yet, but I hope to be there before the end of the summer. I'll let you know how I do, please let me know how you are doing too. Just leave a comment, or go to the “Contact” heading on this blog and leave me a message.

## **Keep a Log on These Numbers**

We are striving to get our blood sugar in the close to normal range which is about 80 mg/dl through 95 mg/dl. Numbers above this range mean you may be getting into the dangerous area where nerve damage begins to occur. We want to keep any nerve damage to a very minimum, and so strive for normal blood sugar ranges. I keep hoping to see a lot of numbers in the 80's, but I rarely make it to those coveted numbers. My readings are more normally in the 90's, and I think it means I have to continue to diet and exercise with great vigor and keep with the program to meet my goals.