

For Your Benefit

UFCW & EMPLOYERS BENEFIT TRUST

Fall 2009



Diabetes & You Part 3: Long-term Maintenance

□ This is the final article of a three-part series that explores all aspects of diabetes, from symptoms and prevention to treatment and long-term maintenance.

Diabetes is a serious disease. Following your diabetes treatment plan takes round-the-clock commitment. Careful management of diabetes can reduce your risk of serious — even life-threatening — complications.

Management tips

Maintaining the proper balance of fat, protein and carbohydrates is of vital importance to maintain the appropriate blood sugar levels.

If you have type 1 diabetes, you should eat around the same time each day and try to be consistent with the types of food you choose. This helps prevent blood sugar from becoming too

high or too low.

People with type 2 diabetes should follow a well-balanced and low-fat diet to maintain the appropriate blood sugar levels.

Regular exercise also helps control blood sugar, weight and blood pressure. People with diabetes who exercise are less likely to experience heart attacks and stroke than those who do not exercise regularly.

Taking care of your feet is also crucial for people with diabetes. Diabetics are more likely to have foot problems because the disease can damage blood vessels and nerves and diminish the body's ability to fight infection.

To prevent injury to the feet, check and care for your feet every day, because you may not notice a foot injury until an infection occurs. If left

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For Your Benefit is a quarterly newsletter designed to keep all members informed about how to use their benefits most effectively.

Members also may contact their Union's Benefit Clerks or call the Trust Fund office directly:

(800) 552-2400

Phone hours for the Trust Fund's Member Services Department are 7:30 a.m. to 5:30 p.m., Monday through Friday.

www.ufcwtrust.com

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