

DIABETES CHANGES



HOW DID YOU GET HERE?

It can feel overwhelming to find out that you need to start managing your diabetes differently. You might be wondering if you've done something wrong.

The fact is, it's common for type 2 diabetes to progress over time.

MOVING FORWARD WITH DIABETES

Type 2 diabetes can be challenging. Stay motivated by feeling good about what you do right. Don't expect yourself to do everything perfectly. You're working hard to manage diabetes, and you deserve credit for that.

One piece of advice is to be open to change. If your healthcare provider wants you to try something new or different, keep a positive attitude and think about how you can work this into your life. Sometimes different actions are the only way to get different results.

YOUR NEXT MOVE

Make a commitment to try the changes your healthcare provider suggests, whether it's new medication, an activity plan, or advice for healthier eating. Ask for help if you feel overwhelmed.

For more advice on living better with diabetes, go to www.LillyDiabetes.com.

COMMON STEPS IN THE TREATMENT OF DIABETES

Treating diabetes can be different for everyone. But here are some of the things your healthcare provider might ask you to do over time to help you manage your diabetes.

