

The Daily Diabetic Checklist: How Chris Ferguson Managed His Diabetes and Thrived

Daily Diabetic Checklist



*30 Days Of Daily Monitoring Your
Blood Sugar Blood Pressure And
Medications*

"Living with diabetes doesn't mean you can't live fully."

Meet Chris Ferguson, a remarkable individual who has defied the odds and successfully managed his diabetes through a daily checklist. In this article, we will

explore how his proactive approach to dealing with diabetes has allowed him to not only survive but thrive in his everyday life.

Daily Diabetic Checklist



Daily Diabetic Checklist by Chris Ferguson(Kindle Edition)

★★★★☆ 4.3 out of 5

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Enhanced typesetting: Enabled
Print length : 256 pages
Lending : Enabled



Understanding Diabetes

Diabetes is a chronic health condition that affects millions of people worldwide. It occurs when the body is unable to properly regulate blood sugar levels due to impaired insulin production or insulin resistance. Living with diabetes requires constant monitoring and management to prevent potentially serious complications.

Chris Ferguson was diagnosed with type 2 diabetes in his early 40s and initially found it challenging to adapt to his new reality. However, he soon realized that taking control of his health was essential to lead a fulfilling life.

The Daily Diabetic Checklist

Chris developed a comprehensive daily checklist that became his roadmap for managing diabetes efficiently and effectively. This simple yet powerful tool,

comprising of various activities and habits, helped Chris regain control over his health and improve his overall well-being.

1. Regular Blood Sugar Monitoring

Diabetes care checklist

Keep track of your diabetes treatment

This checklist can help you keep track of your care and treatment. Review it with your doctor at each office visit.

Quantity, when and tests	Year 1				Year 2				Year 3			
(How often and how often you should have a test)	qtr1	qtr2	qtr3	qtr4	qtr1	qtr2	qtr3	qtr4	qtr1	qtr2	qtr3	qtr4
Hemoglobin A1c (goal is less than 7%)	date	result	date	result	date	result	date	result	date	result	date	result
Blood pressure (Goal is less than 130/80)												
Cholesterol												
Weight (every visit)												
Annual visits and tests	Year 1		Year 2		Year 3							
(How often and what tests you should have)	date	result	date	result	date	result						
Diabetes eye exam												
Kidney tests												
<ul style="list-style-type: none"> - Creatinine/Protein/Microalbumin - GFR or Creatinine in urine 												
Cholesterol and lipid tests (for people with or at risk for heart disease)												
<ul style="list-style-type: none"> - Total Cholesterol (less than 200 mg/dL) - LDL Cholesterol (less than 100 mg/dL) - HDL Cholesterol (40 mg/dL or above) - Triglycerides (less than 150 mg/dL) - Total cholesterol less than 4.0 mmol/L or 156 mg/dL (normal range less) - LDL Cholesterol less than 3.0 mmol/L or 116 mg/dL 												
Other annual visit and tests	date	result	date	result	date	result						
General (physical) checkup												
Toen nail exam												
Foot exam												
<ul style="list-style-type: none"> - Diabetic neuropathy - Peripheral vascular 												

Note: Metrics may be expressed in different units and may differ depending on the country that treatment plan by your doctor. Consult with your doctor on the frequency of your tests, recommended medications, visits and tests, and tests. Goals and recommendations are based on the National Institute for Diabetes and Digestive and Kidney Diseases (NIDDK) and Department of Health guidelines. Based on information at the time this checklist was developed. © 2014 Aetna Health & Life Insurance Company. All rights reserved. February 2014 at <http://www.aetna.com/living-with-diabetes/treatment-and-care/html/health-and-wellness>



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Checking blood sugar levels regularly is a cornerstone of diabetes management. Chris made it a habit to measure his blood sugar at specific times throughout the

day. This allowed him to identify patterns and make necessary adjustments to his diet and medication.

2. Balanced and Nutritious Diet

A healthy diet is crucial for individuals with diabetes. Chris ensured his diet was rich in fresh fruits, vegetables, whole grains, and lean proteins. He limited his intake of sugary and processed foods, opting for mindful portion control instead.

3. Regular Exercise Routine

Physical activity plays a vital role in managing blood sugar levels and overall well-being. Chris incorporated regular exercise into his daily routine, engaging in activities that he enjoyed, such as walking, swimming, and cycling. This helped him maintain a healthy weight and boost his energy levels.

4. Medication Adherence

Chris understood the importance of taking his prescribed medications as directed by his healthcare provider. He set reminders and made it a priority to ensure he never missed a dose. This consistency kept his blood sugar levels stable and reduced the risk of long-term complications.

5. Stress Management Techniques

Stress can have a significant impact on blood sugar fluctuations. Chris utilized various stress management techniques, such as meditation, deep breathing exercises, and engaging in hobbies, to maintain a calm and balanced state of mind.

6. Regular Medical Check-Ups

Monitoring overall health is vital for individuals with diabetes. Chris made it a point to visit his healthcare provider regularly for check-ups and necessary

screenings. This proactive approach helped catch any potential complications early on and allowed for swift intervention.

How It Changed Chris's Life

By diligently following his daily diabetic checklist, Chris experienced a significant improvement in his overall health and quality of life. His blood sugar levels stabilized, and he felt more energetic and in control of his body.

Moreover, Chris's success inspired others in his community who were also struggling with diabetes. He became an advocate, sharing his journey and offering support to fellow diabetics, empowering them to take charge of their health and live fulfilling lives.

Chris Ferguson's daily diabetic checklist serves as a powerful reminder that taking control of your health is key to thriving with diabetes. Each element on his checklist contributes to a holistic approach in managing the condition and preventing complications.

By monitoring blood sugar levels, maintaining a balanced diet, staying active, adhering to medication, managing stress, and regularly attending medical check-ups, individuals with diabetes can lead fulfilling lives just like Chris Ferguson.

So, remember, living with diabetes doesn't mean you can't live fully. So start your own daily diabetic checklist today and empower yourself to take control of your health!

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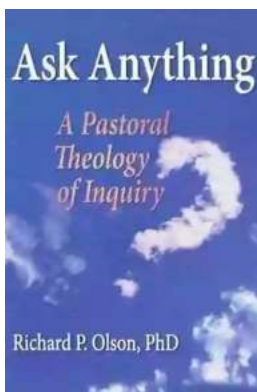
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Being a diabetic is one of the hardest challenge to deal. You have to change the way that you are eating and taking care of your body. There are going to be days where you don't feel like checking your blood sugar but needs to be done. Just one mistake of not checking your blood sugar or taking your medications can lead to consequences later on. You don't want that would you? That why this daily checklist was to create to help you maintain and develop a healthy life while being a diabetic. It's measure from:Blood SugarBlood PressureMedicationsAlong with Doctors Appointments and any notes you may need to take.



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