

Talking With Your Loved Ones About Diabetes

Here are some good ways to start the conversation about your diabetes management plan.

How to Talk With Your Loved Ones About Diabetes

- Have everyone sit down together so you can talk openly about diabetes. Explain that you have to manage your blood glucose, and that means making changes—including taking medications.
- Explain that taking medication is a normal part of managing blood glucose, along with eating a healthy diet and getting plenty of physical activity.
- Explain the symptoms of low blood glucose (hypoglycemia), and what to do in case this happens.
- Ask them to be patient with you. You're making major changes in your life and need their support.
- Leave time for your family members and loved ones to ask questions, and encourage them to learn as much about diabetes as they can.

How to Talk With Your Loved One Who Has Diabetes

- Be patient and listen to your loved one. He or she is making big changes in their life to manage blood glucose levels, and your support is very important.
- Never nag about medication. Instead, help your loved one keep a medication list and consider using a pillbox with the correct doses for each day.
- Consider joining your loved one in making changes to your diet and physical activity level.
- Ask how you can be helpful to your loved one. Love and encouragement go a long way!