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# **Living With Diabetes: What You Need To Know**

If your child is found to have diabetes, you may feel overwhelmed; however, taking it a day at a time will get you through. Your child can still live a normal life since diabetes treatments have come a long way. The oldest diabetic is 90 years old. He was living before all the medical knowledge we currently have.

Don't panic if you go through high glucose levels right after you apply treatment towards a low sugar reaction. There are two reasons this can happen: either your body is releasing hormones in response to your low glucose levels, or you're consuming too much to make up for your low glucose levels. Try eating half as much next the time when your levels are low. Then check the level again in a half an hour.

Get a few almonds to satisfy your cravings without upsetting your blood sugar levels. Unsalted almonds are filled with protein, fiber and many other nutrients that are very healthy. Keep some near the computer so you can munch on them while you work.

Rather than just giving up things you like, slightly change them. One of the hardest things about getting used to having diabetes is that the diet can be very restrictive. Many even believe that they have to completely eliminate all their favorite foods. Other people keep eating their favorites regardless of what their diet should be. Instead of tempting fate, a smarter idea is to think about your favorite foods and make healthy substitutions wherever you can. Lots of foods are converted into diabetic-proof favorites with small ingredient alternatives.

You will be able to deal with your condition more easily if you organize yourself. Keep your insulin close to you and store it in the same spot every night. Make your testing routine so you always remember to write your levels down in your log.

Make sure you always have gum or some other sugary snack on hand if you have hypoglycemia to worry about. Hypoglycemic attacks can happen anywhere, and you need to be prepared. This is a potentially severe problem if you skip breakfast, so always eat a healthy breakfast and regular meals to reduce the risks.

As you have seen, there are many ways to properly treat the serious condition of diabetes. It is critical that diabetics educate themselves on the disease and learn the best ways to care for their health. By using the tips contained in this piece, anyone with diabetes has a chance to greatly enhance their quality of life and general standard of health.

Enroll in our e-zine along with grab a totally free diabetes mellitus cookbook

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