



## Getting Support When You Have Diabetes

The job of controlling your blood sugar is mostly up to you. But your diabetes health care team is there to help. These experts will teach you how to manage diabetes and the health risks it brings. With practice, controlling your blood sugar will become a habit.

### Working with Your Health Care Team

Your diabetes team will work closely with you to create a management plan. The goal is to keep your blood sugar controlled to delay or prevent other health problems. Your team is likely to include:

- **A primary care provider**, who might be your regular doctor. This may have been the first person to tell you about diabetes.
- **An endocrinologist**, a doctor specialized in treating people with diabetes, though most people with diabetes may not need to see an endocrinologist.
- **A registered dietitian**, who will teach you how food and healthy eating can help you control blood sugar.
- **A diabetes educator**, who might be a nurse, dietitian, or pharmacist, will teach you all about managing diabetes.
- **A health psychologist or social worker**, who can help you cope with the feelings and stresses that diabetes may bring.
- **Other health care team members** can include an eye doctor, dentist, podiatrist, pharmacist, and exercise physiologist

### Who Else Can Help?



Daily diabetes management can be a lot to handle. It might affect your routine, at home and on the job. Don't be afraid to let your family, friends, and work supervisor know about your condition. These people can support your need to stick to a schedule that meets your treatment plan.

### Reach Out to Your Family and Friends

Family and friends can support your efforts to take care of yourself. So don't feel bad asking for help when you need it. If they have questions or aren't taking your diagnosis seriously, ask them to learn along with you. At first, it might be hard for them to understand some of the changes you are making. Tell them that your health is your priority. Their support can help keep you focused and confident as you learn to control your blood sugar.