




DIABETIC PROGRAM

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A person is shown using a pen-style insulin injector on their hand. The scene is overlaid with a teal color. In the foreground, a glucose meter is visible on a wooden surface.

A yearly diabetic management program is a structured plan designed to help individuals with diabetes effectively manage their condition throughout the year. This program typically involves regular check-ups, consultations with healthcare professionals, monitoring of blood sugar levels, medication management, lifestyle counseling, and education on diabetes self-care.



The components of the yearly diabetic management program include (as per the program schedule):



REGULAR CHECK-UPS:

Individuals with diabetes will regularly visit their healthcare team according to a well-defined schedule, including a primary care physician, endocrinologist, and a dietician, to monitor their overall health and diabetes management.



BLOOD SUGAR MONITORING:

Regular monitoring of blood sugar levels using a blood glucose meter, continuous glucose monitor (CGM), or other devices to ensure that blood sugar levels are within the target range.



MEDICATION MANAGEMENT:

Adjusting and managing diabetes medications, including insulin therapy, oral medications, or other treatments, as needed to maintain optimal blood sugar control.



HEALTHY LIFESTYLE COUNSELING:

Education and guidance on maintaining a healthy diet, regular exercise, weight management, and stress management to support overall diabetes management.



ANNUAL SCREENINGS AND TESTS:

Regular screenings for complications of diabetes, such as eye exams, kidney function tests, cholesterol levels, blood pressure monitoring, and foot exams to detect and manage any potential issues early.

By participating in a yearly diabetic management program, individuals with diabetes can proactively manage their condition, reduce the risk of complications, and improve their overall quality of life.


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