

November is Diabetes Awareness month!

To support Diabetes Awareness month, Silver Pine Medical Group will be sending a weekly Diabetic newsletter out for the month of November.

2022 Version 2

Diabetes & Mental Health- With diabetes, you have a lot on your mind!

Tracking your blood sugar levels, dosing insulin, planning your meals, staying active—it's a lot to think about. It is important to stay in touch with your emotions as you manage your diabetes.

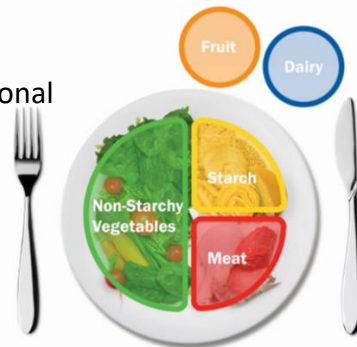
Did you know: Silver Pine Medical Group has a Diabetic Care Coordinator and a Social Worker to support our patients? If you are feeling angry, defeated, or out of control with your diabetes, reach out to us and schedule some time to talk to our care team. We are here to help you!



Diabetes & Portion Control- Use the Plate Method for portion success!

The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood sugar. You can create portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. All you need is a plate!

Did you know: Our Diabetic Care Coordinator provides low-carb dietary and nutritional guidance to help control your blood sugar. Silver Pine Medical Group also has a Wellness Program to help reduce your BMI along with weight management.



Diabetes & Staying Active- Walking is beneficial to your health!

You don't need any special equipment, clothing, or even shoes to begin walking for your health. Pick a safe place to walk and invite a friend to join you! Or if you prefer some alone time, listen to music or catch up with friends and family by phone while you walk. The key to success is to make it an enjoyable part of your routine that you look forward to every day. This will help it become a healthy habit for life. Try to do five 30-minute walks each week.

Did you know: The benefits to walking daily include improved heart health, decrease in blood pressure, improvement in your lab values, and your mood is positively impacted. Silver Pine Medical Group supports your fitness journey; schedule some time with your doctor to develop safe & healthy goals.

