**Diabetes Advise Phase Script—Chapter 7**

*It sounds like you're feeling a bit overwhelmed by all the changes you've been asked to make to better manage your diabetes. You've been told by your health care providers that you should take your medicine regularly, check your blood sugar more often, lose weight, exercise daily, manage your stress better, and decrease your use of alcohol. That is certainly a lot of change and it's not surprising that you feel overwhelmed at times. However, you're aware that not making changes can lead to some bad health complications in the future. One positive aspect is that many, if not most, of these negative outcomes can be prevented through changes in your behavior. Certainly, some aspects of diabetes are outside of your control. Nevertheless, there are many aspects that you can control—changes that you can make—that will help you stay healthier longer. Sometimes it is easier to treat diabetes like a marathon, rather than a sprint, and to pace how you make these changes in your life.*

*Because of what you've told me today and what your health care providers have shared with me, I have some specific suggestions for changes we could work towards that can improve your management of diabetes and your long-term health. Two suggestions in particular stand out at this point. One is to increase how often you are checking your blood sugar, as a first step toward getting it under better control. Knowing your blood sugar levels will allow you to take steps needed to keep your blood sugar from getting (or staying) so high. These steps could involve taking medicine, cutting back on your carbs, or going for an extra walk, for example. Over the long term, keeping your blood sugars in a healthier range will help prevent some of the medical problems associated with diabetes. A second suggestion is to increase your physical activity. Results from research suggest that if you begin and maintain regular physical activity, you will gain better control of your blood sugar. Again, this should help to prevent many of the long-term complications of diabetes. Do these two recommendations make sense to you? What questions do you have? Why do you think it might be important to focus on these areas?*