

Diabetes Awareness Month

November 2019



The Mind-Body Connection

Thoughts, feelings, and attitudes affect your health. Untreated mental health issues can worsen diabetes, and problems with diabetes can worsen mental health issues. Fortunately, if one gets better, the other tends to get better, too.



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 can leave you feeling run down, emotionally drained and completely overwhelmed. It's called diabetes burnout. And that's why it's important to stay in touch with your emotions as you manage your diabetes. What are you feeling? Stressed out? Angry? Sad? Scared? Take time to take inventory of your emotions and reach out to those around you to talk honestly and openly about how you feel. Better yet, work together with your mental health and primary care providers to guide you through the emotional terrain around your disease. **With diabetes, feeling physically good is half the battle. Feeling mentally good is the other half.**

Our Team of healthcare physicians and behavioral specialists work hand in hand to help individuals achieve optimal mental and physical health. We provide **whole person care for people with diabetes** including:

- Measuring A1c at least once a year and treat to goal of <8%.
- Measuring blood pressure and treat to goal of <140/80mmHg
- Annual foot examination and retinal eye exam
- Referral to diabetes self-management education program
- Smoking cessation advice and treatment
- Measure fasting lipid profile (cholesterol) and treating as necessary



Judson Center
FAMILY HEALTH CLINIC

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AUTISM CONNECTIONS

BEHAVIORAL HEALTH SERVICES

CHILD & FAMILY SERVICES

DISABILITY SERVICES

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