

Every Diabetic Patient Should Not Make These Mistakes at All

Diabetes is a medical condition that is affecting millions of people all around the world. While it is found mostly in adults and senior citizens, there are a great number of youths as well who are dealing with this condition. Since November is **National Diabetes Awareness Month**, in this article, we are going to share with you some key things that are known for making your diabetes worse. Since the best way to deal with this medical condition is to manage it properly, looking at the below-mentioned points will make you stay clear of the mistakes that exacerbate your diabetes.



- Your goal should be to stop blood sugar levels from going up after meals. Portion control, as recommended by your personal doctor, should be adhered to religiously. You're free to eat some of your favorite food items but keep in mind portion control as this can keep your blood sugar levels in check
- Another mistake that can make your blood sugar level fluctuate is consuming too many drinks. Your blood sugar can become too low as your liver ceases to release glucose when you consume too much alcohol. So, always drink with food and men shouldn't have more than two drinks and women one drink in a day
- Do not change the timing of your meals as well as the amount of carbs you eat if you take diabetes medicines or insulin. You can be flexible with your meal timings if you're not on the aforesaid. But it is still recommended that you try to stick to your meal timings and most importantly, never miss your breakfast as it can cause your sugar levels to spike throughout the day. Avoiding eating late dinner as well
- Diabetic patients should keep in mind that their condition is known for making the body lose a lot of water. So, when you do not compensate for it by drinking more water, the result is higher blood sugar level. And when your sugar shoots up, you will notice that you have to pee more often, which needless to say, makes you even more dehydrated. So, drink water even if you are not thirsty to keep yourself hydrated
- Having sufficient hours of sleep is also very important. Just sleep for less than 6 hours and you will find that your blood sugar level will go up the next day. Aim for 7 to 8 hours of sleep and make sure you go to bed at a fixed time every day to keep your blood sugar levels on an even keel

Apart from these, make sure you exercise as well. Exercises will keep problems such weight gain, hypertension, depression, and heart disease away. The chances of last one, heart disease, goes up quite a lot when you have diabetes. So, do your best to follow the above-mentioned tips. If interested, you can get **Mobile ECG** system online to watch your heart performance and function. With the help of this system, you can monitor how your heart is functioning on your own.

For state-of-the art and improved accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

#####

About Nasiff

Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at www.nasiff.com.