



JUPITER CARE CLINIC

Neuro-Diabetes Care
Compassion | Commitment | Cognizance

A to Z Goals for a Healthy Life with Diabetes

Managing diabetes requires consistent effort across many areas of your life. This A to Z guide covers the key goals and habits that will help you live well with diabetes.

	Goal	What To Do
A	AWARENESS	Know your condition, your medications, and your body's response to food and exercise.
B	BLOOD PRESSURE	High BP accelerates blood vessel damage. Aim for BP less than 130/80 mmHg.
C	CHOLESTEROL	High LDL and triglycerides worsen complications. Follow prescribed lipid-lowering treatment.
D	DIET	Eat balanced meals: whole grains, vegetables, lean proteins, healthy fats. Reduce sugar and refined carbs. Add fibre and drink 8–12 glasses of water.
E	EXERCISE	Aim for 150 minutes/week of moderate exercise. Consistency is the key.
F	FOOT CARE	Daily foot inspection. Proper footwear. Avoid walking barefoot.
G	GOALS	Set and track your glucose targets with your doctor.
H	HbA1c	Maintain HbA1c ideally below 7% (as advised). Avoid frequent sugar fluctuations.
I	INSULIN	If prescribed, learn exact methods of using and storing insulin. Overcome myths.
J	JOURNALING SUGARS	Keep a daily record of your blood sugar readings. Shows trends and helps your doctor adjust medicines accurately.
K	KIDNEY HEALTH	Kidney disease and retinopathy progress together. Do yearly urine microalbumin tests.
L	LIPID CONTROL	Keep LDL cholesterol and triglycerides in check with diet, exercise, and medications.
M	MONITOR	Check fasting and post-meal sugar regularly. Early correction prevents long-term damage.
N	NO SMOKING	Smoking accelerates all complications of diabetes — heart, kidney, eye, and nerve disease.
O	OPHTHALMIC CHECKS	Annual dilated eye examination. If retinopathy is present, every 3–6 months.
P	PORTION CONTROL	Calculate calories before eating. Balance what you eat with what you burn.
Q	QUIT UNHEALTHY HABITS	Quit smoking, excessive alcohol, and a sedentary lifestyle.
R	REGULARITY	Take diabetes, BP, and cholesterol medicines as prescribed. Do not skip doses.
S	STRESS MANAGEMENT	Stress raises blood sugar. Use yoga, meditation, relaxation, and social support.

T	TARGET SUGAR RANGE	Know your fasting and post-meal sugar targets set by your doctor.
U	UNDERSTAND YOUR SYMPTOMS	Learn to recognize low and high sugar symptoms and act promptly.
V	VACCINATION	Stay updated on vaccinations including flu and pneumonia (diabetics are at higher risk).
W	WEIGHT MANAGEMENT	Even modest weight loss (5–10%) improves insulin sensitivity significantly.
X	eXTRA CARE IN ACUTE CONDITIONS	During fever, illness or surgery, monitor sugar more frequently.
Y	YEARLY HEALTH CHECK-UPS	Regular comprehensive checks for eyes, kidneys, heart, feet, and nerves.
Z	ZERO EXCUSES	Commitment and discipline every day. Rome was not built in a day — neither is diabetes control.

"Rome was not built in a day — fighting diabetes is an everyday process. Consistent practice and discipline is the key to success and long life."

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