

7 myths about diabetes



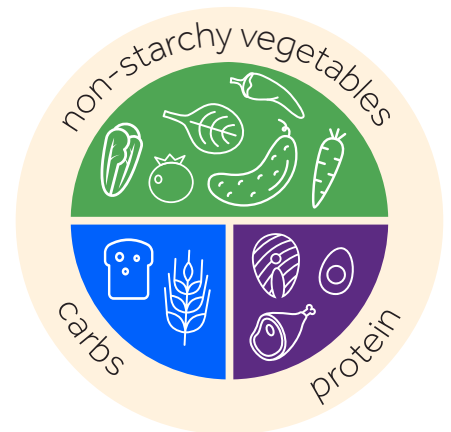
There's a lot of health information out there, and sometimes it can be hard to know what to trust. Below, we break down a few common diabetes myths and help you understand the facts.



Myth #1

People with diabetes can't eat carbs.

Fact: It's OK to eat carbs if you have diabetes. A balanced meal includes protein, fat and carbs. Eating balanced meals can help you manage your blood sugar. What does count is the amount of carbs you eat. The American Diabetes Association recommends following the balanced plate guidelines, recommending you fill your plate with 25% carbs, 25% protein and 50% non-starchy vegetables. If you have questions, you can schedule a session with a Livongo coach to come up with a plan that works for you.



Myth #2

I have diabetes because I'm overweight.

Fact: Weight is not the only reason people have type 2 diabetes. Many people living with diabetes are at a healthy weight. Other risk factors for developing diabetes include family history, age, ethnicity and activity level.



Myth #3

Starting insulin or needing more meds means I've failed.

Fact: Diabetes changes over time. Sometimes treatment plans only work for a while. Making a change to your medications could be the change you need to stay healthy. If you're feeling unsure, ask your doctor for more information.



Myth #4

People with diabetes lose their limbs or go blind.

Fact: Diabetes-related amputation and blindness do not have to happen. You can prevent complications by following your care plan to keep your blood sugar in range. Visiting your doctor regularly can also help you stay well.



Myth #5

Diabetes is managed by your lifestyle choices.

Fact: There is no one way to manage diabetes. Some may be able to keep blood sugar in range with lifestyle choices. Others may benefit from medication. Healthy eating, regular activity and medication all play important roles in managing diabetes, and your path will be unique to you.



Myth #6

I have to eat differently than my family and friends.

Fact: You can eat the same foods as people who do not have diabetes, as long as you maintain a healthy, balanced diet. Healthy eating is healthy eating, whether you have diabetes or not.



Myth #7

Diabetes is reversible.

Fact: It is possible to bring your blood sugar to a normal range. This doesn't mean that you no longer have diabetes, but this does mean that you are doing a good job at managing diabetes. Keep up the good work!

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