

✓ your diabetes checklist.

You can minimize your risk of developing diabetes.

Be aware of the risk factors.

Did you know that having psoriasis or psoriatic arthritis can increase your risk of developing diabetes? Other factors include:

Body Mass Index (BMI) ≥ 25

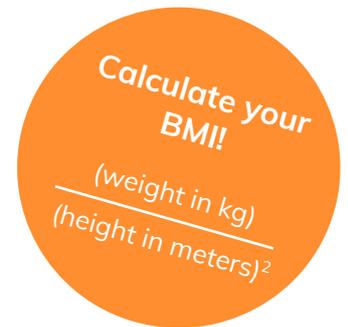
Age 45+

Family history

Is someone in your family already living with diabetes?

Other conditions:

Do you have cardiovascular disease, hypertension, obesity, stroke, polycystic ovary syndrome, or a history of gestational diabetes?



Is your doctor regularly screening for diabetes?

Many guidelines suggest regular screening for diabetes. Talk to your doctor about diabetes, especially if you have other risk factors, and ask to be screened regularly. Early diagnosis will keep you healthy!

Reduce risk and improve your psoriasis

Diet & exercise

A healthy diet with plenty of fruits, veggies and wholegrains will help you maintain a healthy weight, and will keep your blood sugar levels in check. Have fun with regular exercise even if only moderately.

Smoking

There are many programs and strategies that can help you quit smoking. If you have already tried and did not succeed, do not feel discouraged! You may need to try many strategies, and many times, but you CAN quit smoking.

living well with diabetes.

Are you living with psoriasis or psoriatic arthritis and diabetes?

Lifestyle changes help you manage your diabetes

A healthy diet, physical exercise and having a healthy weight will keep your blood glucose levels in check. If you smoke, quitting smoking will also help you manage your diabetes. Regular physical exercise is an essential part of managing diabetes. Find fun ways to incorporate moderate exercise into your daily life.

Keep your blood glucose levels in check over time

Monitor your diabetes regularly with your doctor. Over time, you may want medications or insulin to manage your blood glucose level.

Is diabetes affecting your body?

If not properly managed, diabetes can affect other parts of your body, such as your feet, your eyes, or your kidneys. Ask your doctor for advice on how to spot potential diabetes complications.

