



6 THINGS THAT FAMILY MEMBERS NEED TO KNOW

**Someone in your family was just diagnosed with diabetes?
OK. The most important thing is: DON'T PANIC.**

Untreated, diabetes is very dangerous. The good news is that it's actually **one of the most treatable health conditions** in existence. People with diabetes can live long and well, but sometimes the initial fear from a new diagnosis can be overwhelming--this is where you come in. Your love and support can help move your family member in the right direction.

HERE ARE THE SIX THINGS YOU NEED TO KNOW:



1. NOT EVERYTHING NEEDS TO CHANGE OVERNIGHT

Change is hard, so small, slow steps will do.



2. THINK LONG-TERM

Some gradual, smart changes to diet and exercise patterns may be helpful, but short-term massive change can make the depressing effects of diagnosis worse.



3. DON'T GO CRAZY ON DIET

People with diabetes CAN eat sugar.



4. AVOID LIQUID SUGARS

Drinking sugar, however, is another story. Your loved one needs to avoid liquid sugars like regular soda or bottled sweetened teas. Diet soda will not cause any problems for diabetes, and people with diabetes should use artificial sweeteners in drinks that sugar packets were used to sweeten previously.



5. TIME IS ON YOUR SIDE

While out-of-control diabetes can be very damaging, it's an extremely slow process. Diabetes does not need to be brought into perfect control overnight. In fact, bringing it into control over a period of months is much healthier. Rapid changes can damage the body.



6. KNOWLEDGE IS THE KEY

to thriving with diabetes. The more you learn the better you will do. And our mission at What to Know is to provide both your loved one and YOU with the tools you need to better understand what happened, and what you can all do to move forward. The sky's the limit.