

People With Diabetes Can Clean Up On These Lifesaving Tips

(NAPSA)—Doing a thorough cleaning to organize your diabetes supplies, medical records and even grocery list, could have life-saving benefits.

“If you stay organized, develop routines and do your best to be prepared for an emergency, you will be better equipped to manage your diabetes and limit your risk for diabetes-related complications,” says Pamela Kelly, a professional organizer and founder of Pam Kelly Interiors.

Pam Kelly has spent the past several months as a BD Diabetes Dream Team member to help people with diabetes integrate their care needs—medical, diet and exercise—into their daily lifestyle. Pam says staying on track with your diabetes care starts at home and she recommends the following tips:

- **Develop a routine:** Before you leave the house, create a daily schedule or checklist that includes when to check your blood glucose level, inject insulin or take medication, when to eat and exercise. Consider creating a schedule just for the weekends when your routine changes.

- **Write it down:** Use a calendar to keep records of all medical appointments in a place that is easily accessible. Keep a log of blood glucose readings and any notes about changes in your condition so you can share them with your doctor. Meters, such as the BD Logic® Blood Glucose Monitor, have software available for your home computer to help you track and analyze your readings.

- **Keep records:** File all insurance claims and medical reports in pocket folders as soon as you receive them.

- **Store similar supplies together:** Store dry items such as syringes in an easy-to-find place,



Keep a log of blood glucose readings so you can share them with your doctor.

such as a shelf in your bedroom. Insulin should be stored in smaller bins in your refrigerator—make sure to label with the expiration date. Keep an inventory of your diabetes care supplies so you know when to restock.

Pam also recommends having a sharps container to safely and effectively dispose of used needles and lancets at home. If your community does not have a sharps disposal program, you may want to use the BD™ Sharps Disposal by Mail product which allows you to mail your used syringes to an incinerator facility.

Managing diabetes goes beyond your home. If you're going to work, school or even on vacation it is important to create a diabetes travel kit with:

- Insulin or medication
- Blood glucose meter with extra lancets and batteries
- High carb snacks
- Glucose tablets
- Water

Put a checklist in the kit and refer to it each time you leave home to make sure you always have what you need.

Finally, consider wearing a medical identification bracelet or necklace that identifies you as someone with diabetes.

For more information on how to stay organized and live healthier with diabetes, visit www.bd.com/dm.