

## DIABETES

# Happy Holidays from Unison!



During this busy holiday season, many things can make your diabetes worse. One thing can be the holiday foods that are so tempting.

The extra stress of preparing for the holidays can also affect your diabetes.

When you have diabetes, you are at a higher risk for having complications from the flu. It is important that you ask your PCP about getting flu and pneumonia vaccines at this time of year. These vaccines can protect you from problems with the flu.

We hope that by making you aware of these stresses, we can help you avoid some of them and feel your best during the holidays.

### IT IS IMPORTANT THAT YOU:

- Eat a healthy diet to keep your blood sugar stable. You may need to monitor your blood sugar more often than usual.
- Call your doctor if you are having any problems with your blood sugar control. S/he can help you get your blood sugar into a healthy range.
- Take diabetic medications as your doctor orders.
- Make some time for yourself to relax and enjoy the holidays with your family and friends.



**FOR MORE INFORMATION** about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).