

# Becoming well informed about diabetes



## YOUR RIGHTS AS A DIABETIC

The compulsory health insurance scheme reimburses the cost of consultations with a nurse or dietician if they are ordered by your doctor. The same applies to foot care and self-monitoring or injection equipment that you need (information from the Association valaisanne du Diabète (Valais Diabetes Association) - contact details below).



## SOME SIMPLE ADVICE

- The Diabetes Association offers you a guide (inside this document) which reminds you of the essential elements for the proper management of your disease.
- We encourage you to keep it handy at home so that you can read it regularly, as controlled diabetes guarantees a better quality of life in your daily activities.



## DIABETES COMPLICATIONS

How do I avoid them?

- Diabetes is a chronic, sometimes silent disease that will stay with you for a long time.
- Not being attentive to your diabetes can have serious consequences such as cardiovascular risks, kidney problems leading to dialysis, reduced vision, loss of sensitivity in the lower limbs, chronic wounds, risk of amputation, etc.
- Consult your doctor once or twice a year. They will be able to refer you to other specialists if you need information, special measures, or care.



Download  
Diabapp

Action Diabète provides you with the DiabApp application

- Makes interactions between medical specialists easier.
- Lets patients obtain reports and information efficiently.

**Association VS du Diabète**  
**(Valais Diabetes Association)**  
027 322 99 72  
info@avsd.ch | avsd.ch

**Diabetes Oberwallis**  
027 946 24 52  
info@diabetesoberwallis.ch  
diabetesoberwallis.ch

**Beratungszentren**  
**Centre for consultations**

Brig - Bahnhofstrasse 6  
Visp - Kantonsstrasse 4  
Sierre - Notre Dame des Marais 1  
Sion - Rue de Condémines 16  
Martigny - Av. de la Gare 19  
Collombey - Ch. du Verger 3



## ESSENTIAL GUIDE

# Diabetic?

# How well informed are you?

Living better with diabetes



**Action Diabète**  
**Aktion Diabetes**  
Valais - Wallis

## ESSENTIAL GUIDE

# The Three Pillars of Diabetes Management

## DAILY CARE



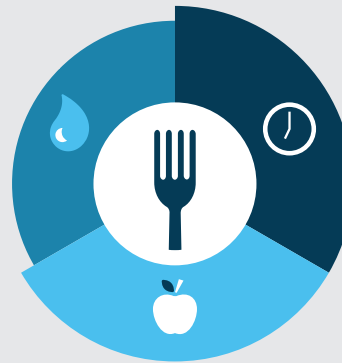
### TREATMENT

#### Target

I know my diabetes so I can manage my blood glucose levels better.

#### Every day

- I take my medication and/or my insulin injection.
- I monitor my blood sugar levels.
- I know how to correct hypos and hyps



### DIET

#### Target

I eat meals that meet my needs according to a regular schedule.

#### Every day

- I prepare a varied and balanced meal.
- I avoid snacking.
- I avoid sugary drinks, preferring water and a moderate consumption of alcohol.



### HYGIENE AND MOVEMENT

#### Target

I create healthy habits and guard against complications.

#### Every day

- When I wash, I check the condition of my feet.
- I take part in a physical activity that I feel I can do (promotes well-being and regulates blood sugar).