



"Encouraging Asian Women to identify their own needs, make their own choices and create their own solutions"

22nd Issue

Mastering Diabetes Management: Your Simple Guide.

Roshni Newsletter Autumn 2024

Managing diabetes doesn't have to be overwhelming. Let's explore some straightforward ways to manage diabetes effectively.

Understanding Diabetes

Diabetes happens when your blood sugar, or glucose, levels are too high. This can occur when your body doesn't make enough insulin or can't use it properly. Insulin is like a key that allows sugar to enter your cells for energy. When that key doesn't work, sugar builds up in your bloodstream. Understanding this process is crucial—it's the foundation for making informed choices.

Regular Monitoring of Blood Sugar Levels

Checking your blood sugar levels regularly is like having a GPS for your journey. You need to know where you are to navigate effectively. Use a glucometer or continuous glucose monitor to keep tabs on your levels. Aim for targets set by your healthcare team. If your levels swing too high or too low, adjustments in diet or medications may be necessary.



Eating Right: Your Fuel for Success

Imagine food as the fuel that powers your body. Choosing the right fuels makes a big difference. Focus on whole foods like fruits, vegetables, whole grains, and lean proteins. These foods contain vital nutrients and help keep your blood sugar steady.

Carbohydrate Counting Made Easy

Carbohydrates directly affect blood sugar levels. Learning to count carbs is crucial. Make it a habit to read food labels, and don't shy away from using apps designed to help you track your intake. Establishing a balanced plate at meals can keep your energy levels consistent. Do remember that whole fruits, vegetables and grains can also spike your blood sugar levels. One way to control your blood sugar levels is to learn about the glycaemic index (GI) and the glycaemic load (GL) of the foods. Aim for foods with a GI of 50 or less, and GL of 5 or less.

Staying Active: Keep the Engine Running

Physical activity is your engine. It helps your body use insulin more effectively. Aim for at least 150 minutes of moderate aerobic activity per week. This might be walking, swimming, or even dancing—whatever gets you moving!. Plus, it boosts your mood and energy!

Strength Training for a Stronger You

Incorporating strength training is like adding turbo to your engine. It builds muscle which can improve insulin sensitivity. Try bodyweight exercises or lifting light

Strong commitment to breaking down barriers for South Asian Women
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weights a few times a week. It's not only beneficial for managing diabetes but also for overall health.

Stress Management: Keep Calm and Carry On

Finding ways to manage stress is key. Consider practices like mindfulness, deep breathing exercises, or yoga. These can help calm your mind and keep your blood sugar levels from spiking.

Medication and Insulin: Your Safety Net

For some, medication or insulin may be necessary. This is like having a life jacket on your journey—you want to be prepared for any rough waters. Always take your medications as prescribed and discuss any concerns with your healthcare team.

Regular Check-ups: Stay Ahead of the Game

Regular visits to your healthcare provider are essential. They help you stay on track and catch any issues before they become serious.

Building a Support System: You're Not Alone

Managing diabetes is easier with a support system. Friends, family, or support groups can provide the encouragement you need. Sharing experiences and tips can be incredibly helpful.

Conclusion: Chart Your Course to Diabetes Management

Managing diabetes doesn't have to feel like a daunting task. With the right knowledge, support, and strategies, you can take control of your health. Remember, every small step counts. By monitoring your blood sugar, eating well, staying active, and practicing stress management, you're well on your way to mastering diabetes management

MON	9:30am – 12:00pm Drop In Service Via Phone	10:00am –11:30am Literacy Improvers Class Roshni Training Room	12.00pm –1:30pm Basic Literacy Class Roshni training room	2.00pm 3.00pm Combined English and Gardening Class Lowfield Building	
TUE	9:30am – 11:00am ESOL Conversation English Class Tinsley Forum	10.00am-12.00pm Self Advocacy Roshni training room	12:45 – 2:15pm Creative English Highfield Trinity Church	12:00pm – 1:30pm ESOL Conversation English Class Roshni training room	11:30am - 12:30pm SA Elders Yoga sessions Darnall Church of Christ
WED	10:00am- 12:00pm Digital Skills Roshni Training Room	12:00am - 1:30pm SA Elders Chai Morning Darnall Church of Christ	12:30pm-2.00pm SA Elders Financial Workshop Roshni Training Room		
THU	10:00pm - 12:00pm Driving Theory Preparation Roshni training room	10:00am- 12:00pm Digital Skills Darnall Church of Christ	12.30-2.30pm Prep for Employment Roshni training room		

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