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Planes control strategy

If you've just been told you have diabetes, you can still deal with the things you love. Manage your health in the right way and you will live a rewarding, active life. Here's how. Ask questions and learn as much as you can about: Changes you can make to take care of yourself Medical treatment you need start with your doctor. They can connect you with experts who can give you answers, such as: Diabetic educators Dietitians Other specialists talk to your friends and family members who have diabetes. You can also join a support group and connect online with other people who are going through the same things that you are. Knowing more will help you make good choices. You and your doctor will make a treatment plan according to your needs. It may include: Drugs. Whether you need them to treat your diabetes depends on things like your: Symptoms Complications Blood sugar levels Lifestyle changes. You'll see your condition better if: Change your diet Lose weight by extra weight Get more active blood sugar. Your doctor can teach you how to keep track of it and show you what to do to avoid highs and lows. Diabetes causes you to get conditions that can affect the eyes, nerves, heart, teeth, and other parts of the body. So you want to watch your diabetes. And it means A1c. This test measures the average blood sugar for the last 2 or 3 months. Your goal is to keep your score beow 7% risk-free low blood sugar. C means blood pressure. If you have diabetes, you are more likely to get high blood pressure. This can lead to other serious conditions. Check the pressure two to four times a year. C means cholesterol. Diabetes can increase your chances of high cholesterol, making heart disease and strokes more likely. Test it at least once a year. Once you know more about life with this condition, you will be ready to take advantage of this knowledge in practice. Healthy lifestyle includes: Two to four doctor visits each year Balanced diet At least 30 minutes of exercise most days Steps to reach and maintain a healthy weight At least two dental visits a year Non-smoker eyes and foot exams each year Annual vaccinations You can prevent problems if you control diabetes with diet, medication, exercise, and regular check-ups. It is also important to know the warning signs of some common complications: Nerve damage, called diabetic neuropathy, can affect the legs and legs. You may get symptoms such as: Eye problems called diabetic retinopathy may occur from damage to small blood vessels in the retina. It's a layer of tissue on the inside of your eyes. Talk to your doctor if you notice signs of problems such as: Kidney damage called diabetic nephropathy is a complication that may dialysis treatment or kidney transplantation. To rule out problems, your doctor will check your blood pressure several times a year and protein in your urine (they may call it microalbumin) at least once a year. Heart disease and strokes are if you have diabetes. The risks go even higher if: Smoke being overweight Have high blood pressure You have heart disease in your family Talk to your doctor about your chances of having these diseases and what you can do to reduce them. If you catch complications early, it will increase your chances of success. Talk to your doctor when you have concerns. You may need something as simple as a lifestyle change or tweak in your medication. Your diabetes health team is there to help. Their goal is the same as yours: let's continue to do the things you love with the people you care about. SOURCES: American Diabetes Association: Diabetes Statistics, Medications, Eye Complications, Your Health Care Team. University of Pennsylvania Health System: Dictionary of key terms. Utah Department of Health: Your A1C number - planning for tomorrow. Does diabetes control your target? American Academy of Family Physicians: Diabetes: Prevention of Diabetic Complications. © 2019 WebMD, LLC. All rights reserved. When we board a plane, the goal is simple: to get to our destination as safely and pleasantly as possible. But sometimes we do it our own way. To be a safer and kind traveler, do not make the following 11 mistakes on the plane. Avoiding some of these behaviors will keep you from getting your fellow flyers' nerves; to avoid others can even save your life. Read on to learn what not to do on a plane. Where would you rather be when you find that Ambien makes you hallucinating or that you are allergic to your new iron supplement – at home, with easy access to your doctor and a local hospital, or in a metal tube, it hurts 35,000 feet over the Pacific Ocean? Never take a flight medicine you haven't done for a test at home. I know the briefing is boring, you've heard it a million times, and now you know how to buckle up. As much as it seems that information can save your life one day. At the very least, take a few seconds to find out where the nearest emergency exit is and how many rows it is from your seat. (In a dark or smoky cabin, you'll want to be able to count the rows by tapping the seats as you head for the exit.) No one will laugh at your only line about guns, weapons or anything else that can be considered a threat - especially to flight attendants who have the power to remove you from the flight if they think there's even the least chance of posed a security risk. (Note: The same applies to customs people and TSA agents.) One of the biggest debates in the travel world is whether it's ok to lean into your seat. Any of the countries you take, I think we can all agree that once the food and drink trolleys start descending the aisle, it's only polite to make sure your seat is upright so that the person behind you can have full access to his or hers or Pan. No one will complain if you have a glass of wine with dinner, but indulge in can have consequences ranging from dehydration to even being kicked off the plane for abnormal behavior. Remember: No one wants to sit next to the person who smells of alcohol, faints on your shoulder or vomits on your shoes. "When you need to stay hydrated ... Speaking of meal times, give your seats a break – don't show up for your flight with a tuna sandwich or an onion plate. Not only will they stink while eating them, but they will also ensure you have had breath for the rest of the flight. The top priority of flight attendants is to protect you, not to take care of your every whim, so use discretion when deciding when to press the call button. If you feel unwell or are thirsty to fly at night, when the lights are out and you become awake you will wake up your sleeping sitters, feel free to press the button. If flight attendants are already serving dinner and decide you need a drink right now, suck it up and be patient. As they feed on pets, this is one of my biggest - when the person in 33A puts their luggage in the bin above row 16, which ensures there won't be enough room for people actually sitting in row 16 to pick up their own bags. This means that people at the front of the plane finally have to put their luggage to the back, leading to passengers trying to resist the flow of traffic when it comes time to deplan. Do everyone a favor and use your own luggage space unless there is an alternative. In other moving shenanigans, please don't be the person who puts your trunk and your backpack and coat in a tray on a full-flight tray. Leave room for others' belongings by placing your personal goods under the seat in front of you and squeezing your coat into the empty spaces left after everyone else has fit in the bin. In addition to your transfer... Essential Overnight Bag from Madewell When we travel, we want to maximize our storage for packaging, so why not get involved for this beautiful, affordable mandela from Madewell. I have no problem with people slipping their shoes to feel more comfortable on a long flight with a few important exceptions. First, your legs should be as unobtrusive as possible to everyone else (so do not prop them up in the seat, or tuck them into the gap between the wall of the plane and a poor person in the seat in front of you, who just wants to lean on the window without facing face from his bare fingers). Secondly, put your shoes back before going to the toilet (because ew). Finally, if you know you are prone to bromodosis – the polite scientific term for smelly feet – be considered by the other passengers and leave your shoes on them. With airline seats getting smaller, passengers with broad shoulders or long legs can hardly help but spill over the boundaries of at some point. But I speak out against deliberate (and obnoxious) behaviour such as manspresing, rolling armrests or reversing ponytail over the back of your seat so that it overshadows the video screen of the person behind you. Your neighbors also paid for their space, to respect him. Make you and your neighbor Flight More a pleasant air travel shelf from Amazon This innovative tool allows a happy window-seat to create a mini shelf for drinks, electronics and snacks to create more space without having to the tray attached to the seat in front. What aircraft errors would you add to this list? Follow Sarah Schiller on Twitter @TravelEditor for more tips and travel inspiration. We manually select everything we recommend and select items through testing and reviews. Some products are sent to us free of charge without having to offer a favorable review. We offer our impartial opinions and do not accept product review compensation. All items are in stock and prices are accurate at the time of publication. If you buy something through our connections, we can earn a commission. Commission.

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