

# Treatment for Seniors With Type 2 Diabetes

Every senior's type 2 diabetes experience is different, but here are a few of the top recommended lifestyle and medical treatment plans for a senior with type 2 diabetes or prediabetes.

## Exercise Regularly

The American Diabetes Association (ADA) recommends that seniors participate in 30 minutes of aerobic exercise at least five days a week. That's a total of 150 minutes of exercise each week.

Aerobic exercises are recommended, and those are exercises that use large groups of muscles, specifically in your legs. It's a good thing that there are several types of aerobic exercises that you can choose from, including:

Walking



Swimming



Cycling



Jogging



Dancing



Using an elliptical machine



## Choose Healthy Foods

Unfortunately, there is no single "diabetes diet" that will automatically get the body back to regular blood sugar levels. Everyone's body responds to food differently, so it is important to follow the guidance of your doctor on what your diet should look like post-diagnosis.

Typically, diets will have a focus on one or more of the following:

- A consistent and regular schedule for meals and snacks.
- Smaller portion sizes.
- More high-fiber foods, such as fruits, vegetables and whole grains.
- Fewer refined grains, starchy vegetables and sweets.
- Modest servings of low-fat dairy, low-fat meats and fish.
- Healthy cooking oils, such as olive oil or canola oil.
- A lower caloric intake.

## Manage With Medications

If exercise and diet are not bringing glucose levels to where they should be, that is when medication intervention will be incorporated into your type 2 diabetes treatment plan.

Your doctor will work with you to determine the best medication for you because there are several medications that have different ways of lowering the blood sugar levels of the body.

For more information on diabetes and how CorsoCare can support you, call us at 248-438-8535.