

## **Do you need a refresher on the management of a chronic disease?**

» Individuals faced with a new diagnosis, or those in the midst of a flare-up, may find these points from our support groups useful.

# **Chronic Disease Management Checklist**

### **Medically Speaking**

- ☐ consult appropriate medical professionals
- ☐ learn about your condition
- ☐ understand how the medications you're prescribed work
- ☐ take all your medication according to the physicians' instructions
- ☐ find out if there are any differences between the generic and name brand versions of the medicines you're taking
- ☐ speak to your pharmacist about medication interactions and contraindications

### **Diet and Lifestyle**

- ☐ exercise when you are feeling well, but make sure your physician approves of your plans
- ☐ gain nutritional fitness by eating healthily
- ☐ consult a registered dietitian if you have dietary limitations
- ☐ understand the benefits of vitamins and supplements
- ☐ learn the 'pros' and 'cons' of foods that may affect your condition
- ☐ get enough sleep
- ☐ maintain your general wellness – heart health, bone health, eye health, etc.

### **The World Around You**

- ☐ think about how your condition affects your education, training, and ability to earn an income
- ☐ consider the impact of your condition on current and future employment
- ☐ prepare fully for physician appointments, use good communication skills
- ☐ approach the Internet with caution in your research, not everything you read there is good advice
- ☐ plan ahead for managing social invitations and special occasions, so you can make the best of these outings
- ☐ educate those around you about your condition

### **Emotional Wellness**

- ☐ take steps to ensure that your situation doesn't leave you isolated
- ☐ monitor the psychological impact of your condition on yourself and watch for depression
- ☐ use, and actively expand, the support network of your family, friends, and spiritual leaders
- ☐ attend a support group, bring a friend, receive and give support
- ☐ minimize your stress levels
- ☐ relax through music, meditation, yoga, walking, praying, sitting on a park bench, or anything else you find pleasurable
- ☐ take that vacation
- ☐ have fun always, live in the moment
- ☐ remember to seize the day when feeling well!