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Self-management

National Diabetes Information Clearinghouse (NDIC)

Definitions

Diabetes

Defined by National Diabetes Information Clearinghouse (NDIC)

Blood glucose monitoring

Defined by National Diabetes Information Clearinghouse (NDIC)

Hypoglycemia

Defined by National Diabetes Information Clearinghouse (NDIC)

Hyperglycemia

Defined by National Diabetes Information Clearinghouse (NDIC)

Pharmacist

Defined by National Diabetes Information Clearinghouse (NDIC)

Dietitian

Defined by National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

The ongoing process of managing **diabetes**. Includes meal planning, planned physical activity, **blood glucose monitoring**, taking diabetes medicines, handling episodes of illness and of **low blood glucose** and **high blood glucose**, managing diabetes when traveling, and more. The person with diabetes designs his or her own self-management treatment plan in consultation with a variety of health care professionals such as doctors, nurses, **dietitians**, **pharmacists**, and others.