

CONTROL THE ABCs OF DIABETES

A1C – this test measures average blood glucose levels over the last 3 months

Blood Pressure – high blood pressure causes heart disease

Cholesterol – bad cholesterol, or LDL, builds up and clogs your arteries

A1C *less than 7%* • Blood Pressure *less than 130/80* • Cholesterol (LDL) *less than 100*

TALK TO YOUR HEALTH CARE PROVIDERS ABOUT HOW TO CONTROL YOUR DIABETES

MEDICATION MANAGEMENT

Team Up With Your Pharmacist

- Make a list of all your medicines, including their strengths and the way you take them, to share with all your health care providers. Don't forget non-prescription vitamin supplements and herbal medicines.
- Update your list with every change, and review it at least once a year.
- Discuss how to use your medicines and supplies to get the best results at the lowest cost.



FOOT CARE

Team Up With Your Foot Care Provider

- Get a complete foot exam each year.
- Discuss how to check your feet every day. Discuss any problems you may have.
- Find the right footwear for you.



EYE CARE

Team Up With Your Eye Care Provider

- Have a complete dilated eye exam each year. (If the results are normal, an eye care specialist may advise getting an exam every 2-3 years.) Make sure your glasses are the best for your needs.
- Discuss how good control of your blood glucose levels can protect your vision.
- Talk about what can be done if you have vision loss.



DENTAL CARE

Team Up With Your Dental Care Provider

- Get a complete mouth exam twice a year (once a year if you have no teeth).
- Learn the best way to brush and floss, and learn the early warning signs of tooth, mouth and gum problems.
- Discuss the link between your blood glucose and gum disease.



OTHER THINGS YOU CAN DO

Get Physical...Be More Active • Walk • Play • Dance • Swim • Turn off the TV

Eat a Healthy Diet • Smaller portions • More vegetables • Less salt, fat, and sugar

Quit Smoking • Tobacco use increases your risk of diabetes complications

TALK TO YOUR PROVIDER TO LEARN MORE

FOR FREE INFORMATION AND MATERIALS, CALL 1-800-438-5383