

# I can control my diabetes working with my health care team!

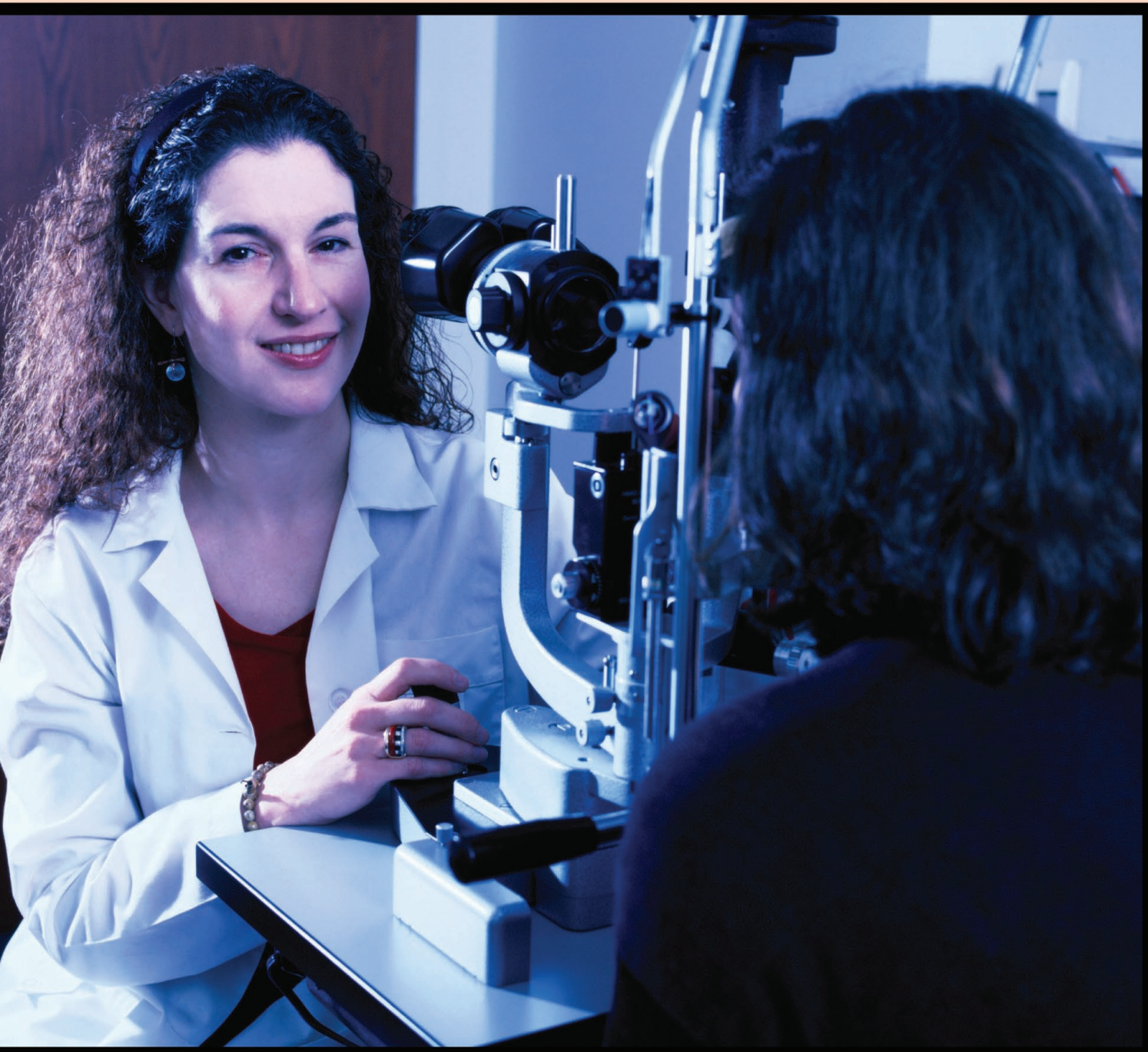


## I will team up with my pharmacist

- ▶ I will make a list of all of my medicines, their strengths, and how I take them including vitamins, herbals and home remedies.
- ▶ I will review this list with my pharmacist once a year and every time it changes.
- ▶ I will ask my pharmacist how to use my medicines and supplies to get the best results at the lowest cost.

## I will team up with my doctor or foot care provider

- ▶ I will ask for a complete foot exam every year and a foot check every visit.
- ▶ I will ask how to check my feet myself every day.
- ▶ I will ask what to do if I have foot problems.
- ▶ I will ask for help in finding the right footwear for me.



## I will team up with my eye care provider

- ▶ Each year, I will request a complete eye exam with dilated pupils.
- ▶ I will ask for an eyeglasses check to make sure they are the best for my needs.
- ▶ I will ask how good control of my blood sugar can protect my vision.
- ▶ I will ask what to do if I have vision changes.

## I will team up with my dental provider

- ▶ I will visit my dental care provider once a year for a complete mouth exam.
- ▶ I will ask how to brush my teeth and use dental floss.
- ▶ I will ask about the early warning signs of tooth, mouth and gum problems.
- ▶ I will ask about the link between blood glucose control and gum disease.



**If you smoke, quit! Tobacco use increases diabetes eye, foot, kidney and gum disease.**

To quit call: 1- 800 QUIT-NOW  
(1-800 784-8669)  
Free Call, Free Quit Coach, Free Quit Plan

For free information on diabetes prevention and control call the National Diabetes Education Program 1 (800) 438-5383 or visit [www.ndep.nih.gov](http://www.ndep.nih.gov)

