

Take Care of Yourself ... Take Care of Your Diabetes



The good news is that there's a lot you can do to stay healthy. Research shows that if you keep your blood sugar, blood pressure, and cholesterol close to target, you may prevent or delay serious health problems.

You can start by knowing your targets.



Get a dilated eye exam every year.

Be sure your eye doctor uses eye drops to see the back of your eye.



Have your blood pressure checked at every visit.

High blood pressure damages your blood vessels. This increases your risk for a stroke and heart, kidney, and eye problems. Try to keep your blood pressure under 130/80.



Get a blood cholesterol check at least once a year.

High cholesterol can cause heart problems. You can lower your risk by aiming for these numbers.

- Total cholesterol below 200
- LDL cholesterol below 100
- HDL cholesterol above 45
- Triglycerides below 150



Ask your health care provider for a complete foot exam at least once a year.

Have an exam more often if you have foot problems.



Check your feet every day.

Look for foot problems before they get serious.

Setting Blood Sugar Goals

Talk with your health care team about your target blood sugar ranges, and then fill in the blanks below after you print out this page.

My blood sugar target range when I wake up and before meals: _____ to _____

(American Diabetes Association standard: average of 90 to 130)

My blood sugar target range before bedtime: _____ to _____

(American Diabetes Association standard: average of 110 to 150)

Know Your Targets

The American Diabetes Association suggests these targets for most people with diabetes. You may have different targets. You can record your targets and your results in the space provided below after you print out this page.

Checks	Targets	My Targets	My Results	
			Date	Date
A-1-C	below 7			
Blood pressure	below 130/80			
Cholesterol				
Total	below 200			
HDL	above 45			
LDL	below 100			
Triglycerides	below 150			

Take Care of Yourself ... Take Care of Your Diabetes

When you take care of your diabetes, you may lower your risk for the long-term problems that sometimes come with diabetes.

Take charge and take care of yourself. Choose to do something new. Review the list below and put checks next to the things you'd like to try. Perhaps you're ready to get started. Or maybe you'd like to do more. If you need help, talk with your health care team about your choices. Start this week!



Taking Care of Yourself

Ready to get started?

- I'll learn more about my diabetes. Call 1-800-DIABETES. Visit www.diabetes.org

Would you like to do more?

- I'll keep a record of the results of my blood sugar and A-1-C checks. The A-1-C check tells you your overall blood sugar for the past 2 to 3 months. I'll compare my results with my target range.

Taking Care of Your Eyes



Ready to get started?

- I'll get an eye exam with eye drops every year.

Would you like to do more?

- I'll see my eye doctor right away if I have any changes in my eyesight.

Taking Care of Your Heart



Ready to get started?

- I'll find out my blood pressure and LDL cholesterol numbers and keep a record.

Would you like to do more?

- I'll build up to 30 minutes of walking most days of the week.
- I'll try to quit smoking.
- I'll have at least one serving of a fruit or vegetable with each meal.

Taking Care of Your Feet



Ready to get started?

- I'll check my feet every day for cuts, blisters, redness, and swelling.

Would you like to do more?

- I'll have a foot exam to check for loss of feeling, blood flow, and changes in the shape of my foot.

For diabetes information, call
1-800-DIABETES
(1-800-342-2383)
www.diabetes.org