

Diabetes Complications

Where problems from diabetes can happen in your body:

Eyes

Kidneys

Feet

Heart

Brain

You must learn what steps you can take each day to keep problems from happening.

What should I do?	When should I do it?	When have I done it?	What help do I need to do it?	My plan to stay on track:
Check my feet for cuts, sores, blisters or wounds	Every day			
Exercise	For 30 minutes most days of the week			
Eat healthy foods (vegetables, low-fat milk, meats that are not fried)	Every day			
Take my diabetes medicines and check my blood sugar.	As often as my provider told me to do			
Check my Hemoglobin A1c (A1c)	If it is at goal, twice a year; If it is high, every three months			
Check my blood pressure so that I know what my last reading was and if it is too high or too low.	Every time I go to see my provider			
Check my cholesterol levels (a blood test)	Once a year			
Check my kidneys (urine/pee test)	Once a year			
Go to the eye doctor for a regular check up	Once a year			
Go to the dentist for a regular check-up	Two times a year			
Stop smoking, if I am smoking now	For the rest of my life			

Know your A, B, Cs:

A1c

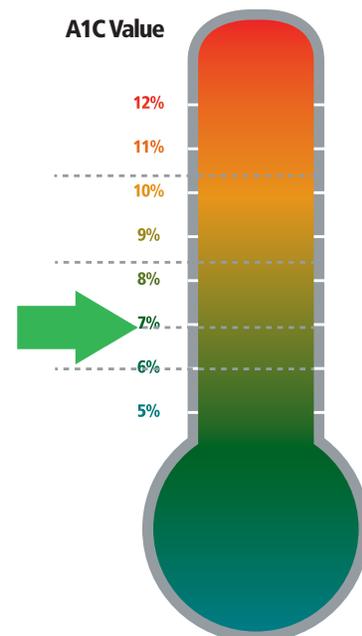
Blood Pressure

Cholesterol

Test	Goal	My last value
Hemoglobin A1c	Less than 7 percent	
Blood pressure	Lower than 140/90 mm/Hg	
LDL (bad cholesterol)	Less than 100 mg/dL	
Do I smoke?	Never	

If your numbers are higher than the goal, the chance of you having a problem because of your diabetes is more than someone who has their numbers at or below the goal. Work with your health care provider to lower your numbers and reach the goal. This will keep your body healthy. Control your A1c (your average sugar number).

A1C (%)	Average Sugar (mg/dl)
12.0	298
11.0	269
10.0	240
9.0	212
8.0	183
7.0	154
6.0	126
5.0	100



Keep problems from happening.
Keep your appointments with your providers.