

## Did you know...

Diabetes can cause many health problems, also called complications.

You may not know these problems are happening until it's too late.

You can stop or slow these problems by taking good care of yourself.

See your doctor or health care professional to learn how!

- People with diabetes are at greater risk for **heart disease and stroke**.
- Diabetes is the most common cause of **blindness** in the United States.
- Diabetes is the **cause of most amputations** (loss of all or partial loss of foot/leg) in the United States.
- Diabetes is the most common cause of **kidney disease**.
- Diabetes is the 6th most **common cause of death** in the United States.

## IMPORTANT CONTACTS

NAME

NUMBER

Primary Care or Diabetes Doctor (endocrinologist)

Diabetes Educator

Eye Care Doctor (ophthalmologist or optometrist)

Foot Care Doctor (podiatrist)

Other Clinician

Other Clinician

### MEDICAL ALERT CARD OR BRACELET

Carry a medical alert card or wear a medical alert bracelet that says you have diabetes. In an emergency, others will know that you need special care.

### FOR MORE DIABETES INFORMATION CONTACT

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org) 800-342-2383

American Association of Diabetes Educators  
[www.aadenet.org](http://www.aadenet.org) 800-832-6874

National Diabetes Education Program  
[www.ndep.nih.gov](http://www.ndep.nih.gov) 800-438-5383

National Diabetes Information Clearinghouse  
[www.diabetes.niddk.nih.gov/index.htm](http://www.diabetes.niddk.nih.gov/index.htm)  
800-860-8747

New York Diabetes Coalition  
[www.nydc.org](http://www.nydc.org) 518-432-1382

New York State Department of Health  
[www.health.state.ny.us](http://www.health.state.ny.us) 518-474-1222

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# MANAGE YOUR DIABETES FOR A Healthy Life

New York  
  
Diabetes Coalition  
[www.nydc.org](http://www.nydc.org)

Developed by the New York Diabetes Coalition, in collaboration with the New York State Department of Health Diabetes Prevention and Control Program.

Based on the American Diabetes Association Clinical Practice Recommendations.

# How To Take Good Care of Yourself!

- Ask your doctor or health care professional about how you are doing with your diabetes.
- Work with your health care team to set goals that are right for you.
- Take it easy! Make only a few small changes at a time and don't give up! You CAN do this!!

## Know your ABCs!

Trying to control your **A1C** (blood sugar), **B**lood pressure, **C**holesterol and stopping **S**moking can help you to lower your chances of having a heart attack, stroke, and other diabetes problems.

### **A = A1C.** Check 2 to 4 times per year

A1C is a blood test that tells you your average blood sugar level over the last 3 months. An A1C of less than 7 is the goal.

Date tested \_\_\_\_\_ Current A1C \_\_\_\_\_  
My A1C goal for next visit is \_\_\_\_\_

### **B = Blood Pressure (BP).** Check each visit

Try for a goal of less than 130/80.

My BP is \_\_\_\_\_  
My BP goal for next visit is \_\_\_\_\_

### **C = Cholesterol.** Check each year

Your total cholesterol should be less than less than 200 and LDL (*bad cholesterol*) should be less than 100. For women, HDL (*good cholesterol*) should be more than 50; for men it should be more than 40.

Date tested _____	My goals:
Current cholesterol:	Total _____
Total _____	LDL _____
LDL _____	HDL _____
HDL _____	

### **S = Stop Smoking.**

If you need help, call the New York State Smokers' Quitline (1-866-697-8487).

My quit date is \_\_\_\_\_

## It's also important to...

### **EXERCISE** regularly.

If you find something you like to do, like walking, just do a little more of it. Work up to at least 30 minutes a day, most days of the week.

My goal is to: \_\_\_\_\_

### **EAT** healthfully.

Your doctor, dietitian, nutritionist or Certified Diabetes Educator can help you choose a meal plan with healthy foods you like.

My goal is to eat more \_\_\_\_\_

My goal is to eat less \_\_\_\_\_

### **Take your MEDICINE** as instructed.

Ask your doctor if you should take other medicines like an aspirin or an "ACE inhibitor."

### **Get to a HEALTHY WEIGHT.**

Your doctor or health care professional can help you set a weight goal that's right for you.

My goal is to lose \_\_\_\_\_ lbs. by next visit.

### **Check and log your BLOOD SUGAR.**

Ask your doctor or health care professional about how and when to test your blood sugar. A good blood sugar range is between 90 and 130 before meals and less than 180 one to two hours after you begin eating. Keep a log of your blood sugar readings.

**CHECK YOUR FEET everyday.** Ask your doctor to check your feet each visit. You may not feel cuts, sores, blisters or calluses on your feet because diabetes can cause you to lose feeling in your feet. Call your doctor right away if you think there's a problem.

### **Get a KIDNEY TEST.** Each year

Too much sugar in the blood makes kidneys over-work, which may cause them to fail or stop working.

Date tested \_\_\_\_\_

### **Get a DILATED EYE EXAM.** Each year

Diabetes can lead to serious vision problems or even blindness.

Visit date \_\_\_\_\_

### **See a DENTIST.** Every 6 months

Gum disease can make diabetes harder to control.

Visit date \_\_\_\_\_ Visit date \_\_\_\_\_

**Get a FLU SHOT every year** and ask if you need a pneumonia shot. Date \_\_\_\_\_

### **ASK FOR HELP!**

If dealing with your diabetes becomes too difficult, talk to your doctor or health care professional—help is available. Ask for support from family and friends. Your doctor may suggest you go to a diabetes support group or visit a dietitian, nutritionist or Certified Diabetes Educator.