









Helpful Hints - Things to Do Every Day*

Taking care of diabetes is a team effort between you and your health care team - doctor, diabetes nurse educator, diabetes dietitian educator, pharmacist, and others. You are the most important member of the team. Take charge of your diabetes by learning what to do for good diabetes care.

1. Follow the healthy eating plan that you and your doctor or dietitian have worked out.	
2. Take your medicines as directed.	
3. Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.	
4. Control your blood pressure and cholesterol.	
5. Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.	
6. Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.	
7. Brush and floss your teeth every day.	
8. Don't smoke.	

Things for Your Health Care Provider to Look at Every Time You Have a Checkup

Your blood glucose records - Show your records to your health care provider. Tell your health care provider if you often have low blood glucose or high blood glucose.

Your weight - Talk with your health care provider about how much you should weigh. Talk about ways to reach your goal that will work for you.

Your blood pressure - The goal for most people with diabetes is less than 140/90. Ask your health care provider about ways to reach your goal.

Your medicines - Talk with your health care provider about any problems you have had with your medicines.

Your feet - Ask your health care provider to check your feet for problems.

Your physical activity plan - Talk with your health care provider about what you do to stay active.

Your meal plan - Talk about what you eat, how much you eat, and when you eat.

Your feelings - Ask your health care provider about ways to handle stress. If you are feeling sad or unable to cope with problems, ask about how to get help.

Your smoking - If you smoke, talk with your health care provider about how you can quit.

Things for You or Your Health Care Provider to Do at Least Once or Twice a Year

A1C test - Have this blood test at least twice a year. Your result will tell you what your average blood glucose level was for the past 2 to 3 months.

Blood lipid (fats) lab tests - Blood lipid (fats) lab tests - Levels can be different for different people. Please ask your physician what your levels should be. The test results will help you and your physician plan how to prevent heart attack and stroke. Request a blood test to check for:

- Cholesterol
- LDL - "bad" cholesterol that can build up and clog your blood vessels.
- HDL - "good" cholesterol that helps remove the "bad" cholesterol from blood vessels.
- Triglycerides
- These test results will help you plan how to prevent heart attack and stroke.

Kidney function tests - Once a year, get a urine test to check for protein. At least once a year, get a blood test to check for creatinine. The results will tell you how well your kidneys are working.

Dilated eye exam - See an eye care professional once a year for a complete eye exam.

Dental exam - See your dentist twice a year for a cleaning and checkup.

Foot exam - Ask your health care provider to check your feet to make sure your foot nerves and your blood circulation are okay.

Flu shot - Get a flu shot each year.

Pneumonia vaccine - Get one; if you're over 64 and your shot was more than 5 years ago, get one more.

* Adapted from The National Diabetes Information Clearinghouse (NDIC), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services. This publication is not copyrighted.

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