



# REDUCING RISKS

## Word Wall

Having diabetes puts you at a higher risk for developing other health problems. However, if you understand the risks, you can take steps now to lower your chance of diabetes-related complications.

Talk to your diabetes educator and healthcare provider about potential health issues such as kidney damage, nerve damage and vision loss. They can explain why complications happen and how they can be avoided.

But don't rely on your healthcare team to identify areas of concern—you need to play an active role in reducing your risk. Make an effort to learn about complications and consistently track your overall health. You can reduce your risks for several complications by taking these precautions:

- » Don't smoke.
- » Schedule regular medical checkups and medical tests.
- » See an ophthalmologist (eye doctor) at least once a year.
- » Keep your feet dry and clean. Look out for redness or sores, and report these to your healthcare team as soon as you find them. If you have trouble seeing the bottom of your feet, ask a family member or friend to help you.
- » Be sensitive to your body—recognize when you aren't feeling well, and contact your care team if you need help identifying the problem.

### DID YOU KNOW?

Lowering your cholesterol can decrease your risk for stroke, heart attack or other circulation problems.

### TRUE OR FALSE?

Controlling your diabetes can help reduce your risk for heart disease.

**TRUE.** If your blood sugar or blood pressure levels are too high for too long, your blood vessels can become sticky. This makes it easier for blood clots to form...which can lead to a heart attack or stroke.

### BLOOD PRESSURE:

The amount of pressure that is applied to your arteries when blood is pumped through your body

### CHOLESTEROL:

A waxy substance that is in your blood that exists in two types: LDL ("bad") and HDL ("good")

### COMPLICATION:

Another health problem that can happen when you have diabetes

### HYPERTENSION:

When your blood pressure is higher than 140/90



*Keep a Personal Care Record or a wallet card that lists all of the tests you should be regularly getting and the targets for each.*

*Sleep apnea affects more than half of people with diabetes and most don't know it. If you snore loudly or feel sluggish and tired during the day, ask your diabetes educator to screen you for sleep apnea.*



# ACTIVITIES

THESE ARE SOME OF THE THINGS YOU CAN DO TO STAY HEALTHY AND PREVENT OTHER PROBLEMS.



**FOLLOW YOUR HEALTHY EATING PLAN.**

Are you proud of the way you ate today? \_\_\_\_\_



**KEEP ACTIVE**

What is your favorite outdoor activity? \_\_\_\_\_



**TAKE MEDICATIONS**

Did you take your meds today? \_\_\_\_\_



**MONITOR YOUR BLOOD SUGAR**

What was your blood sugar number last time you checked? \_\_\_\_\_



**CHECK YOUR FEET**

Any pain or sores on your feet? \_\_\_\_\_



**BRUSH AND FLOSS YOUR TEETH**

When was your last dentist visit? \_\_\_\_\_



**CHECK YOUR BLOOD PRESSURE**

Do you know what your blood pressure is? \_\_\_\_\_



**DON'T SMOKE**

What can help you quit? \_\_\_\_\_



**GET AN EYE EXAM (WHICH INCLUDES DILATING YOUR EYES) AT LEAST ONCE A YEAR**

Have you had an eye exam this year? \_\_\_\_\_



RECOMMENDED TESTS	TARGET LEVELS	FREQUENCY
A1C	Less than 7%	Every 3 to 6 months
Blood Pressure	Less than 130/80	Every visit
Lipids HDL (good cholesterol) LDL (bad cholesterol) Triglycerides	Over 40 (for men); Over 50 (for women) Less than 100 (less than 70 if you have heart disease) Less than 150	At least every year
Eye Exam		Every year
Foot Exam (visual)		Every visit to your healthcare provider
Foot Exam (with sensory testing)		Every year