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 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.

**QUICK TIPS**

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? ______________________________________________

<table>
<thead>
<tr>
<th>RECOMMENDED TESTS</th>
<th>TARGET LEVELS</th>
<th>FREQUENCY</th>
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<tbody>
<tr>
<td>A1C</td>
<td>Less than 7%</td>
<td>Every 3 to 6 months</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Less than 140/90</td>
<td>Every visit</td>
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<tr>
<td>Lipids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDL (good cholesterol)</td>
<td>Over 40 (for men); Over 50 (for women)</td>
<td>At least every year</td>
</tr>
<tr>
<td>LDL (bad cholesterol)</td>
<td>Less than 100 (less than 70 if you have heart disease); Less than 150</td>
<td></td>
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<tr>
<td>Triglycerides</td>
<td></td>
<td></td>
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<tr>
<td>Eye Exam</td>
<td></td>
<td>Every year</td>
</tr>
<tr>
<td>Foot Exam (visual)</td>
<td></td>
<td>Every visit to your healthcare provider</td>
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<tr>
<td>Foot Exam (with sensory testing)</td>
<td></td>
<td>Every year</td>
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