

## Staying Healthy With Diabetes

Having diabetes puts you at greater risk for developing other health problems like kidney damage, nerve damage, vision loss, heart disease and stroke. By understanding these risks you can take steps to delay or prevent diabetes complications. Your physician will order certain lab tests and recommend additional exams to check for diabetes complications. Discuss your test results and personal health risks with your physician. Work together with your diabetes team, physician, nurse, dietitian and pharmacist to create a plan to stay healthy.

Recommended Tests	Target Levels	Frequency
A1C	Less than 7%	Every 3–6 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 with heart disease  Less than 150	At least every Year
Eye exam	Normal	Every Year
Urine Test for Protein	Less than 30	Every Year
Foot Exam (visual)	Normal	Twice every Year
Foot Exam (sensory testing)	Normal	Every Year

Your diabetes team can give you recommendations but, the success of the plan depends on YOU. How you care for your diabetes everyday is important.

### Important Things To Do Every Day—Your Daily Self Care Plan

- Test your blood glucose and log the results
- Take your medications as directed
- Eat healthy
- Be active and get regular exercise
- Check your feet
- Take care of your teeth and skin

How are you doing with your personal diabetes plan? If you are having problems, contact your physician's office and ask for help. There is a team of diabetes experts who would like to help you meet your goal of living healthy with diabetes.

**Interested in a class on diabetes care? Call: 650.723.6028, select option 5 for the Nurse.**