

Control Your Diabetes

By

Knowing & Controlling Your ABC's

A = A1C

B = Blood Pressure

C = Cholesterol and Fats

Protect Your Body

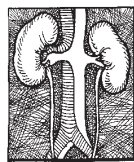
EYES



HEART



KIDNEYS



FEET



I will bring this card, my medicines, my blood glucose monitoring log (and meter) for every health care visit.

Recommended Diabetes Management Schedule

At every visit:

Get weight and blood pressure.

- Remove shoes and socks for foot exam.
- Discuss self-monitoring blood glucose records.
- Discuss medicines and any problems getting or taking them.
- Discuss the way I take care of diabetes, my eating, and physical activity and set my goals for diabetes control.

Every 3-6 months:

- Check my A1C

Every year have:

- Dilated eye exam
- Flu shot (in the Fall)

Every year ask my health provider to check:

- My blood fats and how my kidneys are working
- Protein (microalbumin) in my urine

Talk to my doctor, nurse or pharmacist about any concerns.

Tell my health professional about any problems I have managing my diabetes.

Take all my medicines at the recommended times and discuss any problems I have getting or taking my medicines.

**For information, call: (843) 792-5872 (REACH 2010 Charleston County)
(843) 546-6887 (REACH 2010 Georgetown County)
(803) 898-0913 (DHEC Statewide)**



www.musc.edu/reach



www.scdhec.net/diabetes



www.musc.edu/diabetes

Ask your health care provider to record results here each visit.

Each Visit	Date						
	Weight						
	Blood Pressure						
	Glucose						
Every 3-6 Months	A1C						
	Foot Exam (each visit)						
	Dental Exam (usually every 6 months)						
Each Year	Dilated Eye Exam						
	Total Cholesterol						
	LDL-Cholesterol						
	HDL-Cholesterol						
	Triglycerides						
	Microalbumin (protein in urine)						
	Flu Vaccine (each Fall)						
	Pneumovax (once/lifetime)						
Education & Review	Stop Smoking						
	Alcohol Moderation						
	Physical Activity/Exercise						
	Cholesterol						
	Healthy Eating						
	Medication						
	Blood Glucose Monitoring						
My Goals for Diabetes Control							

Ask your health care provider to help you set your personal goals to control your diabetes.

To help me control my diabetes I will:

- See my doctor or healthcare provider every 3 months.
- See my dentist every 6 months.
- Check with healthcare provider about taking daily low dose aspirin.
- Get a dilated eye exam every year from an eye care specialist.
- Get a flu shot every year in the Fall.
- Check my blood sugar _____ times daily.
- Eat healthy _____.
- Exercise _____ minutes on most days.
- Check my feet daily _____.
- Take my medications as recommended _____.
- Call my healthcare provider if my blood sugar is over _____.
- Set my goals with my healthcare provider to control my diabetes.

My goals are:

Target

My A1C will be: _____	Less than 7
My Blood Pressure will be: _____	Less than 130/80
My Cholesterol will be: _____	Less than 200
My LDL Cholesterol will be: _____	Less than 100
My Blood Glucose before breakfast will be: _____	90-130
My Blood Glucose 2 hours after meals will be: _____	Less than 180
My Blood Glucose before bedtime will be: _____	110-140
To Stop Smoking by: _____	No Smoking
Low dose Aspirin (1 daily if my doctor approves)	Low dose Aspirin daily