Diabetes

People with diabetes have high levels of sugar in the blood that can hurt parts of the body. They are often too heavy and have high blood pressure and high cholesterol.

Here’s what you can do to keep your diabetes under control.

■ Eat less and don’t eat too many sweets and starches.
■ Try to exercise every day.
■ Check your blood sugar levels and write them down to show your doctor.
■ Take your medicines every day.

Ask your doctor about the best way to diet, exercise and lose weight.
Ask your doctor about an A1c test, your blood pressure, cholesterol level, flu shots, an eye exam and foot care.

If you are taking diabetes medicine and you feel shaky, sweaty or confused, eat some candy, check your blood sugar, and call the doctor right away.

Ask your doctor or nurse to help you fill in the following:

■ I should check my sugar level at______________________________
■ My goal weight is_____________________________________
■ My hemoglobin A1c level should be_______________________
■ My cholesterol level should be__________________________
■ My blood pressure should be_____________________________
■ My next eye exam is due on_____________________________
■ My next foot exam is due on_____________________________
■ My next flu shot is due on______________________________
■ My next doctor’s visit is on______________________________

Eat less sweets.

Try to exercise every day.

Your doctor can help you manage your diabetes.

Supported by a grant from Lilly USA, LLC.
To order Living With Diabetes: An Everyday Guide for You and Your Family, go to http://foundation.acponline.org/hl/diabguide.htm
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