

# Take Control of Your Diabetes

## What is diabetes?

Your body turns the food you eat into glucose (sugar) to use as fuel. When you have diabetes, it means you have too much sugar in your blood.

The sugar builds up in the blood instead of being used by the body's cells for fuel. This may cause you not to feel your best. Too much sugar in your blood can cause serious problems over time.

## Warning Signs of Diabetes

- Frequent need to urinate
- Excessive thirst or hunger
- Unusual weight loss
- Feeling weak or tired all the time
- Blurred vision or trouble seeing

## What is the problem with high blood sugar?

Over time, high levels of sugar in the blood can hurt your heart, blood vessels, feet, nerves, eyes, and kidneys. If left untreated, this damage can cause:

- Heart disease
- Loss of a foot or leg
- Eye disease and blindness
- Kidney failure
- Dental problems

Proper treatment aimed at controlling blood sugar levels may help prevent these from occurring.

## What can I do to control my diabetes?

### STEP 1: Learn About Diabetes

Diabetes is not just a touch of sugar or when your sugar is a little high. Diabetes is serious, but you can learn to manage it and learn good self care.

### STEP 2: Know Your Diabetes ABC's

Talk to your health care team about how to manage your A1C, Blood Pressure, and Cholesterol. This can help you lower your chances of having a heart attack and other complications.

### STEP 3: Manage Your Diabetes

Work with your health care team to reach your ABC goals. Set a self-care plan with your health care provider and follow it. Include goals for meal planning, physical activity, medication, routine testing, and plans to stop smoking.

### STEP 4: Get Routine Care to Avoid Problems

Diabetes affects almost every part of your body. See your health care team. Know what tests you should be getting and how often. Learn how to prevent complications or delay their onset.

**YOU** are the most important member of the team. Taking control of your diabetes means learning good self-care and being a good manager of your diabetes. Know what tests you need and insist on them.

## What resources are available?

To get more information on how to control diabetes, talk with members of your health care team:

- Doctor
- Nurse
- Diabetes educator
- Nurse practitioner
- Dietitian
- Pharmacist
- Other specialists

For additional information contact the following organizations:

### American Diabetes Association

1-800-342-2383  
www.diabetes.org

### American Heart Association

1-800-242-8721  
www.americanheart.org

### National Diabetes Education Program (NDEP)

1-800-860-8747 or 301-496-3583  
www.ndep.nih.gov

### ISDH Web site

www.diabetes.in.gov

### ISDH Family Helpline

1-800-433-0746

INDIANA TOBACCO QUITLINE

1-800-QUIT-NOW

WE'LL SHOW YOU HOW

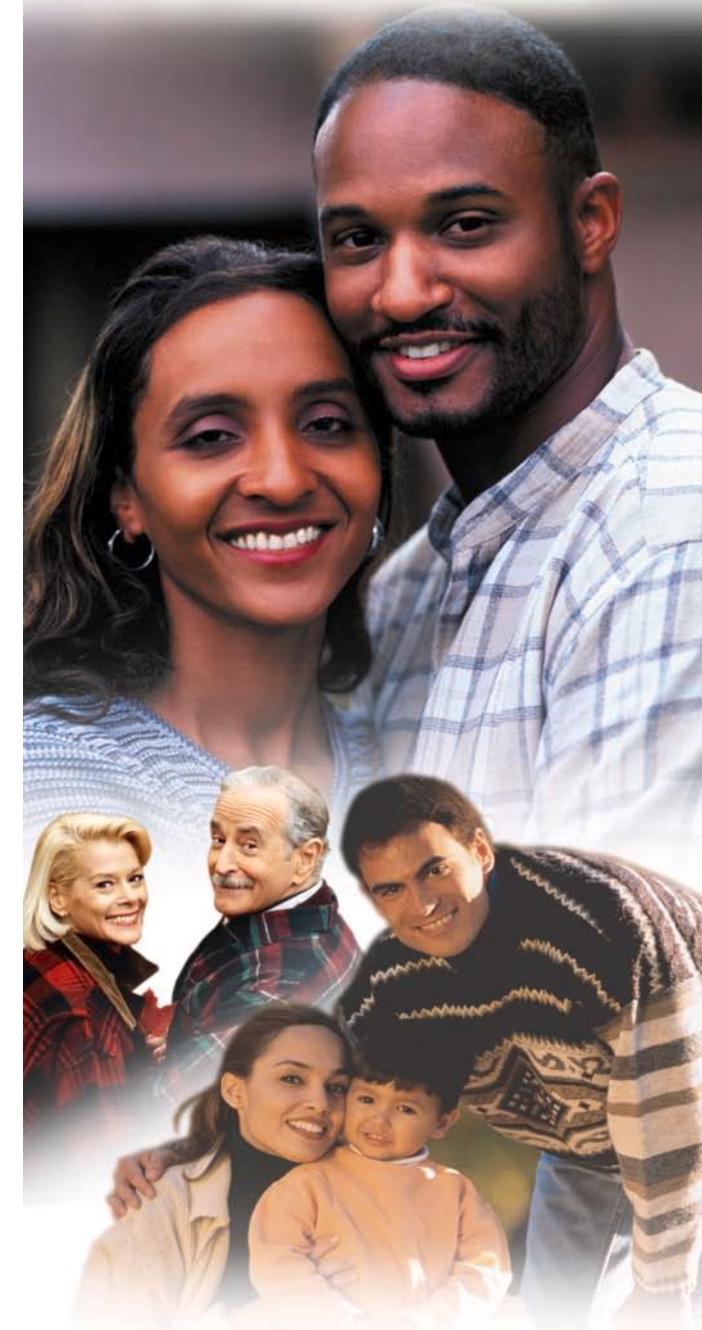


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# Your Diabetes Control Checklist

## Diabetes Control Means A Longer and Better Life

Take control of your diabetes. Keeping blood sugar levels as close to normal as possible is beneficial. Lowering blood sugar can greatly reduce your risk of:

- Eye disease
- Kidney disease
- Nerve disease
- Heart (artery) disease
- Dental problems

Your long-term health will depend on how you manage your diabetes. All people with diabetes need to learn self-care management skills.

## What You Should Expect From Your Health Care Provider

The checklist below will help you understand the tests your doctor should do to help control your diabetes. It is important for you to understand what each test does and why it is important. Understanding the value of each test in relation to your goal is key to successful control of your diabetes.

The treatment goals for type 1 and type 2 diabetes vary slightly. The following are the overall recommendations for adults with type 2 diabetes. Please consult your physician to determine your individual treatment goals.

Test/Service	Each visit	3-6 mo.	6-12 mo.	Yearly	Individual
A1C		X			
Blood Pressure & Weight/BMI	X				
Oral Exam		X			
Foot Inspection	X				
Dentist Visit			X		
Blood Fats				X	
Kidney-microalbumin urine test				X	
Kidney-serum creatinine test				X	
Eye Exam				X	
Foot Risk Test				X	
Flu Shot				X	
Blood Sugar	X				
Diabetes & Nutrition Education					X
Pneumonia Shot					X

\*The "X's" in each column indicate how often that test or service should be done.

## Blood Sugar Control

### A1C: (pronounced A one C)

A1C is your overall level of blood sugar control for the past 2-3 months. It is recommended you check your A1C twice every year, at least 3 months apart, to see if you are meeting the A1C treatment goal. If you are not meeting blood sugar control goals, or if your treatment changes, the A1C test should be done quarterly.

Normal: less than 6%  
Goal: less than 7%

### Blood Sugar Tests (with a meter)

How often and when you test your blood sugar is individual. It depends upon your treatment program. Ask your health care provider how often you should test and what levels you should have. The following are the American Diabetes Association guidelines (for adults):

### Fasting:

Normal less than 100 mg/dl  
(whole blood values)  
Goal: 80-120 mg/dl

## Bedtime:

Normal less than 110 mg/dl  
(whole blood values)  
Goal: 100-140 mg/dl

Review daily blood sugar records with your health care provider at each visit.

## Kidney Test:

Diabetes can cause your kidneys to leak protein, which can be measured by testing your urine. If problems are diagnosed early when the amount of protein leakage is small, then they can be treated more easily. Two tests are recommended yearly. A microalbumin urine test checks for protein in your urine and a serum creatinine test measures kidney function.

## Heart (Artery) Health:

High blood fat levels, blood pressure, and weight increase your risk of developing heart disease. Keeping these as normal as possible may help prevent heart problems. Blood fats (cholesterol and triglycerides) should be checked yearly. Blood pressure and weight should be checked at each visit.

### ▼ Blood Fats

- Total Cholesterol  
Goal: less than 200 mg/dl
- Good cholesterol (HDL)  
Goal: greater than 40 mg/dl in men and 50 mg/dl in women
- Bad cholesterol (LDL)  
Goal: less than 100 mg/dl
- Triglycerides  
Goal: less than 150 mg/dl

### ▼ Blood Pressure

Goal: less than 130/80 mmHg

### ▼ Weight/Diet/Activity Goal:

Individual should review with their health care provider.

## Eye Exam:

An eye exam should be done with eyes dilated (with drops) or with a digital retinal exam (computer camera). Eye disease detected early is more successfully treated. An eye exam is recommended yearly.

## Dental Care:

Persons with diabetes are at greater risk for oral infections and gum disease. Regular oral and dental exams by your health care provider and dentist are essential. An oral exam is recommended every 3-6 months; a dental visit every 6-12 months.

## Foot Exam:

Diabetes can cause problems in the feet and legs. Proper foot care and regular foot exams can help prevent and detect complications early, if problems occur. Your health care provider should look at your bare feet at each visit. A special foot risk test with a tool called a monofilament should be done yearly. Remove your shoes and socks for these exams. Visual foot inspection recommended at each visit; complete foot risk test yearly.

## Diabetes and Nutrition Education:

Learning about diabetes and good nutrition is very important to staying in control of your diabetes. Visit with a diabetes educator and dietitian at diagnosis, and then every 6-12 months as needed.

## Shots:

Persons with diabetes are at greater risk for getting influenza (the flu) and pneumonia. Getting these shots will help protect you from the flu and pneumonia.

- Flu (recommended yearly)
- Pneumococcal (pneumonia)  
Recommended usually once, with reimmunization required for individuals at high risk.