

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.



Eat less sweets.

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 good care of your feet.
- Take your medicines.

During your visit to the doctor's office or clinic, ask about:

- The best way to diet, exercise and lose weight.
- An A1c test and urine protein test.
- Your blood pressure and cholesterol level.
- A flu shot and pneumonia shot.
- 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 _____



Try to exercise every day.



Your doctor can help you manage your diabetes.

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To order *Living With Diabetes: An Everyday Guide for You and Your Family*, go to <http://www.acpfoundation.org/materials-and-guides>

