HEALTH TIPS
WHAT YOU CAN DO

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 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 ____________________________

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