

DIABETES SELF MANAGEMENT TIPS

FOLLOW THESE SELF CARE TIPS AND ASK YOUR HEALTHCARE TEAM TO HELP YOU SET GOALS.

When you manage your diabetes well and follow your doctor's advice, you can prevent OR delay complications. Remember, YOU are the most important person to MANAGE YOUR DIABETES. Know your goals and work to achieve them. Talk to your healthcare team to set your goals.

MY GOALS FOR 2013		I MET THIS GOAL	
		YES	NO
	I had at least TWO HbA1c tests done. This blood test checks my average blood sugars for 3 months.	<input type="checkbox"/>	<input type="checkbox"/>
	My HbA1c was less than 7 at each test.	<input type="checkbox"/>	<input type="checkbox"/>
	I had my cholesterol checked at least once this year. Keeping my cholesterol in a healthy range lowers my risk of heart attack and stroke.	<input type="checkbox"/>	<input type="checkbox"/>
	My LDL-C (bad cholesterol) is less than 100 .	<input type="checkbox"/>	<input type="checkbox"/>
	I take all my medicine as ordered by my doctor. <ul style="list-style-type: none"> • Diabetic medicine • Baby aspirin • Cholesterol medicine • Blood pressure medicine 	<input type="checkbox"/>	<input type="checkbox"/>
	I had a urine test to check my kidneys . Diabetes can cause kidney damage.	<input type="checkbox"/>	<input type="checkbox"/>
	I had my dilated eye exam with drops in my eyes. Diabetes can cause damage to my retina and lead to blindness.	<input type="checkbox"/>	<input type="checkbox"/>
	My blood pressure is below 130/80 .	<input type="checkbox"/>	<input type="checkbox"/>
	I do not smoke!	<input type="checkbox"/>	<input type="checkbox"/>
	I smoke but I want to quit . I will call QuitWorks™ at 1-800-TRY-TO-STOP or trytostop.org	<input type="checkbox"/>	<input type="checkbox"/>
	I had my flu shot this year.	<input type="checkbox"/>	<input type="checkbox"/>
	I know how to check my feet and what to look for. I check my feet every day!	<input type="checkbox"/>	<input type="checkbox"/>