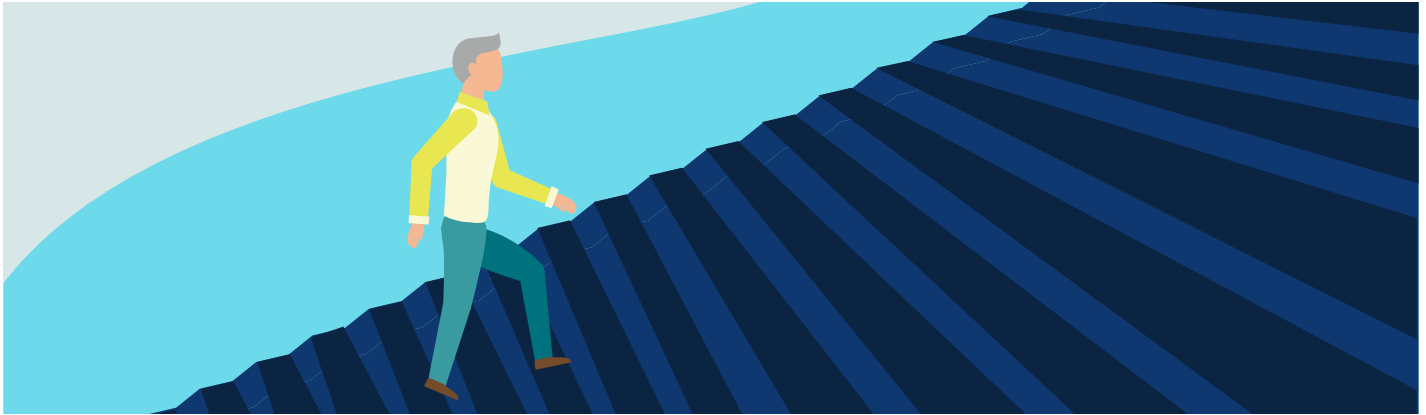


MANAGING DIABETES



Steps to Help You Stay Healthy With Diabetes

Follow these four steps to help you manage your diabetes, avoid complications, and live a long, active life. Use the worksheet on page 5 to keep track of your goals and progress. For more information, visit [Living with Diabetes](#) website.

STEP 1

Ask your doctor to refer you to Diabetes Self-Management Education and Support (DSMES) services.

DSMES services include a health care team that will teach you how to stay healthy and how to make what you learn a regular part of your life. DSMES services will help you make better decisions about your diabetes, work with your health care team to get the support you need, and learn the skills to take care of yourself.

To find a DSMES program that is recognized by the American Diabetes Association or accredited by the Association of Diabetes Care & Education Specialists, go to the [Find a Diabetes Education Program in Your Area](#) website.



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion



STEP 2

Know your diabetes ABCs.

Talk to your health care team about how to manage your ABC numbers—A1C, blood pressure, and cholesterol—and how to quit smoking. These actions can help lower your chance of having a heart attack, stroke, or other diabetes problems. Use the worksheet on page 5 to keep track of your ABC numbers.



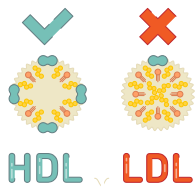
A IS FOR THE A1C TEST (A-ONE-C)

- A1C is a blood test that measures your average blood sugar level over the past 3 months. It is different from the blood sugar checks you might do each day.
- The A1C goal for many people with diabetes is below 7. Ask your health care team what your goal should be.



B IS FOR BLOOD PRESSURE

Blood pressure is the force of blood against the walls of your blood vessels. If your blood pressure gets too high, it makes your heart work too hard. Your blood pressure goal should be below 140/90 unless your doctor helps you set a different goal.



C IS FOR CHOLESTEROL (KO-LESS-TUH-RUHL)

There are two kinds of cholesterol in your blood: LDL and HDL. LDL or “bad” cholesterol can build up and clog your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels.

- Ask your health care team what your cholesterol numbers should be.
- If your numbers are not where they should be, ask what you can do about it.



S IS FOR SMOKING

Smoking raises your blood sugar, blood pressure, and cholesterol levels. If you quit smoking, you’ll lower your risk of heart attack, stroke, nerve disease, kidney disease, and oral disease.

**Ask your health care team about your ABCs.
Write your goals on the worksheet on page 5.**

STEP 3

Learn how to live well with diabetes.

Learn coping skills.

- Having diabetes can be overwhelming at times. But there are things you can do to cope with diabetes and manage stress.

Spend time with your friends or do something you enjoy—like gardening, taking a walk, working on a hobby, or listening to your favorite music. For other ideas, visit CDC’s [10 Tips for Coping with Diabetes Distress](#) website.

- Ask for help if you feel down. Talking about your feelings with a mental health counselor, support group, clergy member, friend, or family member who will listen to your concerns might help you feel better.
- If you feel down on most days, you may be depressed. Talk to your health care team, your spiritual counselor, or some other person you trust. They may be able help you get the support you need.

Make healthy food choices.

- Work with your health care team to make a meal plan that fits your life. Ask for a referral to a registered dietitian nutritionist (RDN) who knows about diabetes and can help you create a personal meal plan to meet your specific needs.
- Keep a food record or journal to keep track of how you are doing with your meal plan.
- Plan ahead. Plan your food each week so you have healthy options at home. When you go out, carry healthy snacks—like baby carrots, sliced apples, or nuts—with you.
- Ask your diabetes care and education specialist, RDN, or health care team for help learning skills such as reading nutrition facts and labels, managing portion size, and making healthy food choices when eating out.



Set goals for living well with diabetes. Write down your reasons to stay healthy, what you can do to meet your goals, and who can help you.

THREE REASONS TO MANAGE MY DIABETES:

- 1.
- 2.
- 3.

THREE THINGS I WILL WORK ON OVER THE NEXT 3 MONTHS TO REACH MY GOALS:

- 1.
- 2.
- 3.

PEOPLE WHO CAN HELP ME MANAGE MY DIABETES AND REACH MY GOALS:

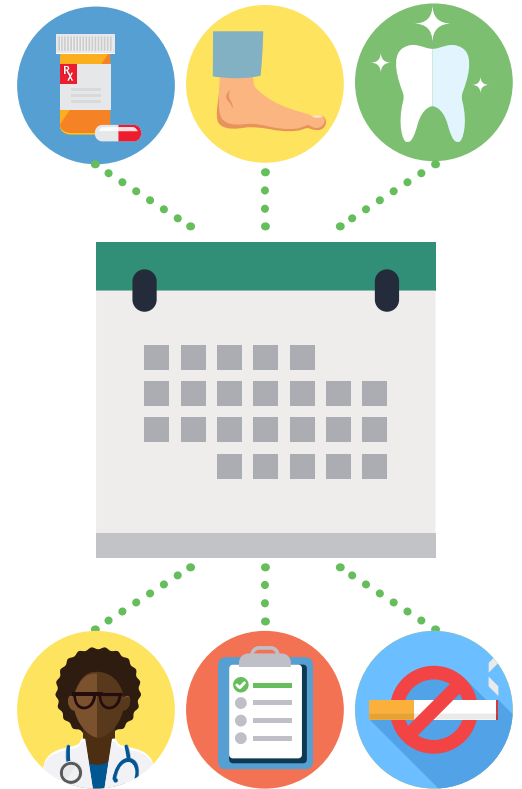
Be physically active.

- Set a goal to be physically active for 30 minutes most days of the week. Start slow by taking a 10-minute walk 3 times a day.
- Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, or do heavy gardening like digging and planting with tools.



Know what to do every day.

- Take your medicines even when you feel good. Tell your doctor if you cannot afford your medicine or if you experience any side effects.
- Check your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores.
- Brush your teeth and floss every day to keep your mouth, teeth, and gums healthy.
- Ask your health care team how often and when to check your blood sugar.
- Keep track of your blood sugar and keep a record of your numbers.
- Check your blood pressure if your doctor tells you to and keep a record of your numbers.
- Don't smoke. If you already smoke, ask for help to quit. Call 1-800-QUIT-NOW (1-800-784-8669).



STEP 4 Get routine care to stay healthy.

See your health care team at least twice a year to find and treat any problems early.

Follow the schedule of tests and check-ups on the worksheets on pages 5 and 6. If you have Medicare, check to see how your plan covers diabetes care.

For more information about living with diabetes, visit CDC's [Diabetes website](#).

My Diabetes Care Record

Write down goals to help you live well with diabetes. Get regular check-ups and write down the dates and results of all tests. Take this record with you to your health care visits.

A1C: Get this checked at least 2 times each year.

My A1C Goal:

A1C TEST DATE	A1C TEST RESULT

Blood Pressure: Get this checked at every visit.

My Blood Pressure Goal:

BLOOD PRESSURE DATE	BLOOD PRESSURE RESULT

Cholesterol: Get this checked 1 time each year.

My Cholesterol Goal:

CHOLESTEROL TEST DATE	CHOLESTEROL TEST RESULT

Ask your health care provider what exams and vaccinations you should have and how often you should have them. Use this worksheet to keep track of this information.

Exams, tests, and reviews you should have each visit.

EXAM, TEST, OR REVIEW	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS
FOOT CHECK						
WEIGHT CHECK						
REVIEW SELF-CARE PLAN						
REVIEW MEDICINES						

Exams, vaccines, and tests you should have at least 1 time a year.

TYPE OF EXAM, VACCINE, OR TEST	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS
DENTAL EXAM						
DILATED EYE EXAM						
COMPLETE FOOT EXAM						
FLU SHOT						
KIDNEY CHECK						

Vaccines as recommended by health care provider.

TYPE OF VACCINE	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS
VACCINE:						
VACCINE:						
VACCINE:						
VACCINE:						