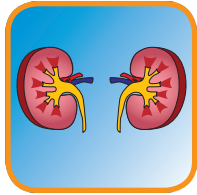




POWERoverdiabetes



Feet: get your feet tested!



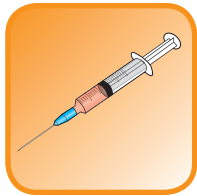
Kidneys: get your urine tested!



Heart: get your blood tested!



Eyes: get your eyes tested!



Flu shot: get your flu shot!

Diabetes Checklist

This diabetes checklist is a guide to help you keep your diabetes in control. Use this checklist every time you visit your primary care provider (PCP).

At each doctor's visit, you should ask about:

- The medicines you take.**
- Your blood sugar log.** Review your blood sugar log or the readings from your glucose monitor (blood sugar monitor) with your PCP.
- Your blood pressure.** If your blood pressure is high, it can cause problems with your heart.
- Your weight.** Many people who have diabetes are overweight. Losing a little weight will improve your health.
- Your feet.** Some people with diabetes lose feeling in their feet. You may have cuts or bruises on your feet and not know it.

At least 2 to 4 times a year, you should:

- Get an A1C test.** This test tells you the level of sugar in your blood over the past few months. You want to score a 7 or less.

At least 1 time a year, you should ask your PCP to have your:

- Feet tested.** This is called a monofilament test. It will tell you if the nerves in your feet are working right.
- Urine tested.** This is called a micro albumin test. It will tell you if there is protein in your urine. Protein in the urine may be a sign of kidney disease.
- Blood tested.** This is called a lipid profile test. It looks for fat in your blood (cholesterol). Fat in your blood can cause heart problems.
- Eyes tested.** This is called a dilated eye exam. Sometimes diabetes can cause eye problems or make you blind.
- Flu shot.** People with diabetes should get a flu shot each year.

