

## 6. Keep a blood sugar log.

Test your blood sugar every day or as often as your doctor tells you. Keep a log book of your blood sugar levels to take with you to your doctor.

## 7. Keep a healthy diet.

Eat your meals on time and follow these simple guidelines. For more information or a specific nutrition plan, talk to your doctor.

- + Meat should be the smallest portion of your meal
- + Carbohydrates should be the next in size (potatoes, pasta, rice)
- + Non-starchy vegetables should be the largest part of your meal
- + Use fat-free dairy products and sugar-free drinks
- + Broil, bake, steam, grill or microwave food instead of frying



## 8. See your doctor regularly.

Regular doctor visits are important so your doctor can catch small problems early, before they become big problems. When your doctor orders lab work or other tests, be sure to get those tests done quickly. They help your doctor take better care of you!

**If you have questions, please call a diabetes nurse case manager at our toll-free number, 888.559.1010.**

*In control*

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# POWER overdiabetes



# 8 tips to give you Power Over Diabetes.

## You have the power to manage your diabetes!

*It is the beginning of the year and time to start fresh with your resolution to take control of your diabetes.*

Remember, diabetes cannot be cured, but it can be managed.

### 1. Know your ABCs.

Go over your ABCs of Diabetes with your doctor to find out your goals for each test.

- + “A” is for A1C test. This test shows your average blood sugar level for the past 3 months. Have this test at least 2 times a year.
- + “B” is for blood pressure. Get your blood pressure checked each time you go to the doctor.
- + “C” is for cholesterol. This blood test tells the doctor about the fat in your blood. You should have your LDL cholesterol checked at least once a year.

# ABC



### 2. Protect your kidneys.

Have a yearly microalbumin (urine) test. This test checks for protein in the urine. Protein in the urine is the first sign of kidney disease.

### 3. Get a dilated eye exam.

See your eye doctor at least once a year for a **dilated** eye exam. Having diabetes increases your chances of eye problems, including blindness. Even if your vision is normal, you could still have eye damage.

### 4. Check your feet.

Look at your feet for blisters, bruising or swelling. Use a mirror if you cannot see your feet. Or, ask a family member for help. Your doctor should also check your feet at each visit.

### 5. Always take your medicines as ordered by your doctor.

**Take your medicines even when you feel fine** and your blood sugar is under control!

- + If you have questions about what medicine you should be taking, ask your doctor.
- + Some of your medicine may not be for your blood sugar, like medicine for your blood pressure or cholesterol. These help to prevent some of the complications of diabetes. **They are just as important as your blood sugar medicines.**
- + A pillbox may help you to remember to take your medicine.

