

# ABC'S OF DIABETES

Preventing Complications of Diabetes

## A

### A1c

Average blood sugar level over last 3 months.

Goal <7%

## B

### Blood Pressure

Elevated blood pressure with diabetes increases the risk of heart attack and stroke.

Goal <130/80mmHg

## C

### Cholesterol

Elevated cholesterol, especially high LDL (bad cholesterol) and low HDL (good cholesterol), with diabetes increase risk for heart attack and stroke.

## S

### Stop

Stop smoking or do not start. Tobacco use increases the risk of diabetes complications

## How to Manage Diabetes and Its Complications

### Medication Management



- Keep a full list of medications, including over-the-counter medications, vitamins, supplements, and herbal medications
- Review and update medication list at each doctor visit or at least once a year
- Talk with a pharmacist to:
  - Learn how to take medications properly to get the best results
  - Find lower cost alternatives or cost savings opportunities available for certain medications

### Eye Care



- Diabetic eye exams at diagnosis and every 1-2 years (Annually, if signs of diabetic retinopathy)
- Well controlled blood sugar protects and preserves vision

### Be Physically Active



- Work up to 150 minutes of moderate intensity exercise a week
  - Examples - walking, swimming, dancing
- Stand up and move for at least 1 minute every hour while awake

### Foot Care



- Annual foot exam by provider
  - Includes - visual inspection, pulse checks, and monofilament exam
- Daily self-foot exams
- Wear proper fitting shoes to avoid injury or sores
- Poorly controlled blood sugar increases risk of neuropathy and slow healing wounds

### Dental Care



- Routine dental care is recommended 2 times a year for natural teeth or dentures
  - Includes - dental cleaning, mouth exam, oral cancer screen, infection screening, denture fitting
- Elevated blood sugars increase risk of teeth loss and gum disease

### Eat a Healthy Diet



- Follow the Diabetes Plate Method
- Choose more vegetables and minimize carbohydrates and fats
- Reduce portion sizes