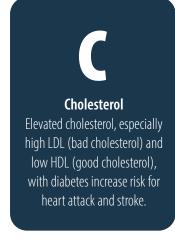
ABC'S OF DIABETES

Preventing Complications of Diabetes











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:
 - O 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
 - O Examples walking, swimming, dancing
- Stand up and move for at least 1 minute every hour while awake

Foot Care 🦱



- Annual foot exam by provider
 - O 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 <a>



- Routine dental care is recommended 2 times a year for natural teeth or dentures
 - O 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