

## A Winning Plan to Lower Risks for Diabetes



Lose  
Weight



Get  
Active



Enjoy a heart-  
healthy life



# CHECKLIST

## BLOOD PRESSURE

### AT EVERY DOCTOR'S VISIT

DIABETES CAN CAUSE A HARDENING OF THE ARTERIES WHICH LEADS TO INCREASED RISK FOR OTHER DISEASES INCLUDING CORONARY ARTERY DISEASE AND PERIPHERAL VASCULAR DISEASE. HAVING YOUR BLOOD PRESSURE CHECKED WHEN YOU SEE YOUR HEALTHCARE PROVIDER MONITORS YOUR RISK LEVEL FOR THESE PROBLEMS.

## LAB TESTS

### TWICE A YEAR

#### HEMOGLOBIN A1C (BLOOD SUGAR)

ALL DIABETIC PATIENTS SHOULD HAVE THEIR A1C CHECKED AT LEAST TWICE A YEAR TO LOOK AT HOW WELL BLOOD GLUCOSE IS BEING CONTROLLED. IF IT IS NOT UNDER CONTROL, NUTRITION, ACTIVITY AND MEDICINES CAN HELP.

## EYES

### ANNUAL VISIT WITH AN OPHTHALMOLOGIST

Date of Last Visit: \_\_\_\_\_

Name of Ophthalmologist: \_\_\_\_\_

DIABETES CAN LEAD TO BLINDNESS BECAUSE OF ITS EFFECTS ON ALL BLOOD VESSELS, INCLUDING THOSE OF THE EYE. HOWEVER, BLINDNESS IS PREVENTABLE BY HAVING A DILATED EYE EXAM PERFORMED BY AN OPHTHALMOLOGIST EVERY YEAR. IF THERE IS DAMAGE TO YOUR EYES, A SIMPLE LASER PROCEDURE CAN OFTEN HELP MANAGE IT. IF YOU HAVE A VISION PLAN WITH YOUR HEALTH INSURANCE YOU SHOULD USE IT FOR THIS VISIT.

## KIDNEYS

### ANNUAL TEST FOR PROTEIN IN URINE (MICROALBUMINURIA)

DIABETES CAN DAMAGE THE KIDNEYS SO THAT THEY NO LONGER DO A GOOD JOB FILTERING YOUR URINE. THE URINE MICROALBUMIN TEST CAN DETERMINE IF THIS IS STARTING TO OCCUR. IF YOUR KIDNEYS ARE AFFECTED, YOUR PROVIDER CAN ALL MEDICINE TO HELP PRESERVE KIDNEY FUNCTION.