



I Can Control My Diabetes By Working With My Health Care Team!



To team up with my pharmacist, I will—

- Make a list of all my medicines, the exact doses, and include over-the-counter medicines, vitamins, and herbal supplements.
- Update and review the list with my pharmacist every time there is a change.
- Ask how to take my medicine and use supplies to get the best results at the lowest cost.
- Ask about new medicines that I can talk about with my doctor.



To team up with my podiatrist, I will—

- Get a full foot exam by a podiatrist at least once each year.
- Learn how to check my feet myself every day.
- See my podiatrist right away if I develop any foot pain, redness, or sores.
- Ask about the right shoes for me.
- Make sure my feet are checked at every health care visit.



To team up with my eye care provider, I will—

- Ask for a full eye exam with dilated pupils each year.
- Ask how to prevent diabetic eye disease.
- Ask what to do if I have vision changes.



To team up with my dental provider, I will—

- Visit my dental provider at least once a year for a full mouth exam.
- Learn the best way to brush my teeth and use dental floss.
- Ask about the early signs of tooth, mouth, and gum problems.
- Ask about the link between diabetes and gum disease.

To control my diabetes every day, I will—

- Be more active—walk, play, dance, swim, and turn off the TV.
- Eat a healthy diet—choose smaller portions, more vegetables, and less salt, fat, and sugar.
- Quit if I smoke or use other tobacco products—tobacco use increases the risk of health problems from diabetes. To quit, call: **1-800-QUIT-NOW (1-800-784-8669)**.
- Ask all my providers to share my exam results with my other health care providers.
- Learn about managing my diabetes by visiting www.yourdiabetesinfo.org.
- Control my ABCs of diabetes:
 - ▶ **A1c.** This test measures average blood sugar levels over the last 3 months. The goal is less than 7% for many people but your health care provider might set different goals for you.
 - ▶ **Blood Pressure.** High blood pressure causes heart disease. The goal is less than 140/80mm Hg for most people.
 - ▶ **Cholesterol.** Bad cholesterol or LDL (Low Density Lipoprotein) builds up and clogs your arteries. The goal is an LDL less than 100 mg/dl.

For more **FREE** information on how to prevent and control diabetes call the National Diabetes Education Program (NDEP) at 1-888-693-NDEP (6337), TTY 1-866-569-1162, or visit www.yourdiabetesinfo.org.



NDEP is a partnership of the Centers for Disease Control and Prevention, the National Institutes of Health, and more than 200 public and private organizations.

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