

Map your course to get results

Be an active participant in your diabetes care decisions.

Talk to your diabetes care team about your goals.

A1C

- **At least 2 times a year, have your A1C level checked**
- Goal is less than 7% for most people
- The A1C test measures your average blood sugar over the last 2 to 3 months
- The chart shows how the A1C and blood sugar go together

A1C Levels	Average Blood Sugar
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL
10%	240 mg/dL
11%	269 mg/dL
12%	298 mg/dL

Recommendations based on American Diabetes Association: Standards of medical care in diabetes—2011. Diabetes Care. 2011;34(suppl 1):S11-S61.

Cholesterol

- At least **once a year, have blood cholesterol checked**
- Below are the goals for most people with diabetes. Know your numbers

LDL ("bad") cholesterol	
• Without heart disease	Less than 100 mg/dL
• With heart disease	Less than 70 mg/dL
HDL ("good") cholesterol	
• Men	More than 40 mg/dL
• Women	More than 50 mg/dL
Triglycerides	Less than 150 mg/dL

Blood Pressure

- **Every time** you visit the doctor, get your blood pressure checked
- **Goal is less than 130/80 mm Hg** for a person with diabetes

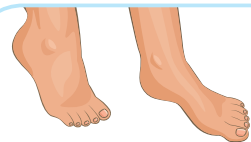


Eye Exam

- **Once a year, get a dilated and comprehensive eye exam** by an eye-care specialist



Feet

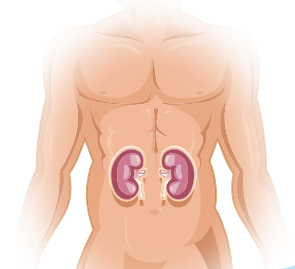


- **Check your feet every day** for any sign of injury. Report any injury that does not heal

- **Once a year, get a complete foot exam** by your doctor

Kidneys

- **Once a year, have your urine tested for protein**



Stop Smoking

- It is really important to stop smoking if you have diabetes
- For free help, call **1-800-QUIT-NOW** (1-800-784-8669) or visit 1800quitnow.cancer.gov



Diabetes Care Plan

- Work with your diabetes care team to manage your diabetes

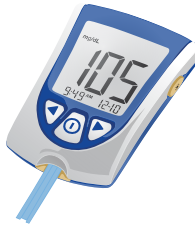
Meal plan
Physical activity plan
A plan for how and when to check your blood sugar
When to take your diabetes medicines
Other health goals (such as managing weight and blood pressure)
A schedule for regular health check-ups
Ways to deal with stress

Diabetes Care Checklist

Diabetes cannot yet be cured. But it *can* be managed. So, **know your numbers.**

Know Your A1C

- ☐ Aim to get your A1C to below 7%
- ☐ Decide with your diabetes care team how often you should check your blood sugar each day. Here are the blood sugar goals for many people with diabetes. Write your own goals in the third column:



Time	Goals for Many People with Diabetes	Your Goals
Before meals	70-130 mg/dL	
1-2 hours after the start of a meal	Less than 180 mg/dL	

Blood Pressure

- ☐ Most people with diabetes have high blood pressure, which can be controlled with treatment
- ☐ Ask your diabetes care team to tell you your blood pressure reading at each visit, and write it down

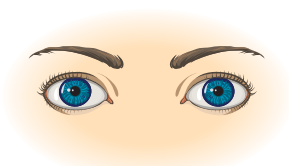


Cholesterol

- ☐ Have your LDL ("bad") cholesterol, HDL ("good") cholesterol, and triglyceride (blood fat) levels checked at least once a year, and record your results

Eye Exam

- ☐ Make sure your exam results are sent to your diabetes care team so that they can be included as part of your medical record
- ☐ Call your eye-care specialist or diabetes care team right away if you notice any change in your vision



Feet

- ☐ When you visit your diabetes care team: Remove your shoes and socks while waiting in the exam room, so your team can check the feeling and blood flow in your feet
- ☐ At home:
 - ☐ Inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin
 - ☐ Wear shoes and socks that fit well. Do not go barefoot



Kidneys

- ☐ Keep your blood sugar levels and blood pressure as close to normal as possible
- ☐ Get your yearly exam to tell how well your kidneys are working, and record your results

Stop Smoking

- ☐ Here are some steps to help you quit smoking:
 - ☐ Get support! For free help:
 - Call 1-800-QUIT-NOW (1-800-784-8669)
 - Or visit 1800quitnow.cancer.gov
 - ☐ Choose a quit date. (Choose a time when you won't be too stressed)
 - ☐ Avoid smoking triggers
 - ☐ Reward yourself for every successful nonsmoking day



Diabetes Care Plan

- ☐ Ask questions about your diabetes plan, and make sure you know what steps you need to take
 - ☐ When should I check my blood sugar and what is my target before and after meals?
 - ☐ What should I do if my blood sugar is too high or too low? When should I call the office?
 - ☐ When should I take my insulin or other diabetes medicine?

