

# A Guide to Healthy Living with Diabetes

## Things YOU can do:

- \_\_\_ 1) Take an active part in your diabetes management.
- \_\_\_ 2) Learn all you can about diabetes.
- \_\_\_ 3) Monitor your own blood glucose levels regularly (include testing before and 2 hours after different meals).
- \_\_\_ 4) Record your results - **A**1C, **B**lood pressure, **C**holesterol (LDL) etc.
- \_\_\_ 5) Check your feet every day for infections, corns, blisters etc.
- \_\_\_ 6) Be physically active.
- \_\_\_ 7) Focus on healthy eating every day.
- \_\_\_ 8) Take your medication as prescribed (e.g. pills, insulin).
- \_\_\_ 9) If you smoke, seek help to stop.
- \_\_\_ 10) Call your doctor or diabetes educator if you have questions or concerns.

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## Things to ask your doctor to do:

- \_\_\_ 1) **A** Have your A1C measured every 3 months.
- \_\_\_ 2) **B** Have your Blood Pressure checked regularly - at every visit to your doctor.
- \_\_\_ 3) **C** Have your Cholesterol (LDL) checked every year.
- \_\_\_ 4) Have your kidney function tests done every year - albumin/creatinine ratio and eGFR.
- \_\_\_ 5) Have the sensation in your feet checked by your doctor **at least** every year.
- \_\_\_ 6) Have your eyes checked by an experienced eye specialist every year (more frequently if the specialist advises).
- \_\_\_ 7) Have a flu shot every year.
- \_\_\_ 8) Have pneumonia immunization.
- \_\_\_ 9) Discuss your diabetes management at every visit. Have your doctor review your blood glucose records at each visit.
- \_\_\_ 10) Ask for a referral to a diabetes educator/dietitian & nurse every 2-3 years or at any time if you have problems.



### **Remember:**

The goal of diabetes management is to keep your

**ABCs**

in a healthy range!!