

DO YOU HAVE DIABETES?

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THESE TOPICS



A1C

- *Get checked at least two times a year
- *Measures blood sugar over the last 3 months
- *Goal: less than 7% unless healthcare provider says differently



LABS/TEST

- *Ask your healthcare provider if you have any other abnormal lab or test results



BLOOD PRESSURE

- *Check at every visit with healthcare provider
- *Goal blood pressure less than 130/80



EYES

- *Ask for a full eye exam with dilated pupils each year



CHOLESTEROL

- *Checked at least once a year
- *Goal for cholesterol is an LDL ("bad" cholesterol) count of less than 100



EARS

- *Talk to your healthcare provider if you have hearing loss
- *Schedule a full hearing exam



MEDICATION

- *Keep a current updated list of medications
- *Ask how to take your medication
- *Ask about side effects from the medications



GUMS

- *Get a full mouth exam at least two times a year



FEET

- *Get a full foot exam by a podiatrist at least once a year
- *Have feet checked at every visit
- *Check your own feet every day



HANDS

- *Tell your healthcare provider about any numbness or tingling



KIDNEYS

- *Get your kidneys checked once a year
- *Blood test to see how well the kidneys are filtering
- *Urine test to check for albumin (protein)




QUESTIONS

- *Keep a list of questions you would like to ask your healthcare provider



INSULIN INJECTION SITE

- *If you are not sure of how or where to inject insulin, ask your healthcare provider for help
- *If you are on insulin, ask your healthcare provider to look at injection sites

*It is important to get a pneumonia immunization (Pneumovax) one time in your life
*You should also get a flu shot one time a year 

**The advice provided in this handout is not meant to be a complete list of your healthcare needs and is for educational purposes only. It is important to consult your healthcare provider for a full health assessment and discuss any questions or concerns that you may have.

"This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the grant title Rural Health Network Development Program and grant number D06RH31049. This information and content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government"



For More Information Contact the MBRC, Inc. Office:
Phone: (573) 471-9400 / Fax: (573) 471-9401 / Toll Free: (888) 317-4949 / 903 S. Kingshighway, Suite A / PO Box 947 / Sikeston, MO 63801

For more information about BHA & other programs visit our WEBSITE: www.mbrinc.org