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



BLOOD PRESSURE

*Goal blood pressure less than 130/80



CHOLESTEROL

*Goal for cholesterol is an LDL ("bad" cholesterol) count of less than 100



MEDICATION

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



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



KIDNEYS

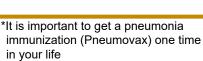
*Get your kidneys checked once a year *Blood test to see how well the kidneys are filtering *Urine test to check for albumin (protein)



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



*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.

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MBRC Missouri Bootheel

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.mbrcinc.org



LABS/TEST *Ask your healthcare provider if you

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



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



EARS

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



GUMS

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



HANDS

*Tell your healthcare provider about any numbness or tingling



QUESTIONS

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