

Health and Wellness

Provided by Bethany Care Ministry Outreach Program

Managing Your Diabetes

March is National Diabetes Month. Diabetes is a complex and sometime confusing disease. Here is some basic information to help you manage your diabetes, or to help a family member or friend who may be trying to cope with this disease. Shown here are *Standards of Care for People with Diabetes* that help you keep track of what to do throughout the year.

AT EVERY OFFICE VISIT WITH YOUR DOCTOR

- Talk about your blood glucose (sugar) results.
- Check your blood pressure.
- Check your weight and talk about ways to attain or maintain a reasonable weight.
- Talk about your daily meal plan.
- Discuss any lifestyle, work, or emotional changes (These can affect your blood sugar levels).
- Discuss your physical activity.
- If you smoke, talk about ways to quit.
- Remove your shoes and socks for a foot check.
- Review your medications, including over-the-counter pills, herbs, vitamins and supplements.
- Ask if you should take a maintenance dose of aspirin to prevent heart and blood vessel problems.

AT LEAST EVERY 3 TO 6 MONTHS

Check your A1C (the blood test that measures how well your blood sugar is controlled over a longer period of time than a fasting blood sugar test does).

AT LEAST ONCE A YEAR

- Check your cholesterol to see your risk for heart and blood vessel disease.
- Have a micro albumin urine test to check for kidney changes or damage.
- Have a dilated eye exam to check for eye problems.
- Get a flu shot.
- Have a complete foot exam.

AT LEAST ONCE IN A LIFETIME

Get a pneumonia vaccine.



If you have questions or concerns about any of these topics, be sure to talk with your doctor about them at your next visit, or ask to meet with the diabetes educator. You can get your blood sugar checked at Trinity every other Friday morning by one of the nurses from Bethany Community Care Ministry, and they may be able to help with questions you have as well. For more information call 715-942-1437.

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