

# Tips that Count

Wellness information for your journey to a healthier you!

## Avoid Diabetes Complications – Part I

Managing your diabetes means more than just getting blood sugar under control. These tips will help you reduce your chances of long-term problems from diabetes and help you improve your overall health.

**Control your blood glucose.** Keep your blood sugars within a healthy range. This is the best way to prevent long-term problems. Have an “A1c” test (“hemoglobin A1c”) at least twice a year. If your A1c is under 7%, that is good control.

**Eat healthy.** Follow a food plan that includes all food groups and limit foods that are high in bad fats (“saturated fat”) and cholesterol. Drink plenty of water and other drinks that do not have sugar.

**Be sure to be active every day.** When you exercise on a routine basis, it pays off; it can help you control your blood sugar with less medicine.

**Control your blood pressure.** High blood pressure makes you more prone to heart and kidney disease, and stroke. Exercise, lose weight, and eat a low-salt diet. These steps will help you control your blood pressure. And they may reduce your need for blood pressure medicine.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.

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## Avoid Diabetes Complications – Part 2

**Keep your cholesterol low.** High blood cholesterol makes you more prone to heart disease and stroke. Keep your LDL (“bad”) cholesterol low; it should be less than 100 mg/dL. Ask your doctor about the best ways of doing this.

**Check your feet every day.** Diabetes can damage nerves and cause pain or loss of feeling. Often this happens in the legs and feet. This can increase the risk of foot infections. Your doctor should examine your feet for early signs. Wear well-fitting shoes and always wear socks. Check your feet every day. See your doctor about any infections, cuts, or sores on your feet that don’t heal.

**Know the signs of heart disease.** If you have diabetes, you may have common signs of heart disease such as chest pain or shortness of breath. But, other signs are not so common: pain in the jaw, shoulder, or abdomen; pain down the arm; nausea and dizziness.

**See your eye doctor yearly.** Diabetes can damage the small blood vessels in the eye. Often, the first symptom you will notice is poor vision. And this may lead to blindness. An eye doctor can find problems early and detect signs of damage before your sight is impaired.

**Quit smoking now!** If you smoke, you are more prone to heart and kidney disease, stroke, and nerve damage. So, if you do smoke, quit. It’s one of the most vital things you can do.



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