

## WHAT YOU CAN DO

### Diabetes

**People with diabetes have high levels of sugar in the blood that can hurt parts of the body. They are often too heavy and have high blood pressure and high cholesterol.**



*Eat less sweets.*

#### Here's what you can do to keep your diabetes under control.

- Eat less and don't eat too many sweets and starches.
- Try to exercise every day.
- Check your blood sugar levels and write them down to show your doctor.
- Take your medicines every day.

**Ask your doctor** about the best way to diet, exercise and lose weight.

**Ask your doctor** about an A1c test, your blood pressure, cholesterol level, flu shots, an eye exam and foot care.

**If** you are taking diabetes medicine and you feel shaky, sweaty or confused, eat some candy, check your blood sugar, and call the doctor right away.

#### Ask your doctor or nurse to help you fill in the following:

- I should check my sugar level at \_\_\_\_\_
- My goal weight is \_\_\_\_\_
- My hemoglobin A1c level should be \_\_\_\_\_
- My cholesterol level should be \_\_\_\_\_
- My blood pressure should be \_\_\_\_\_
- My next eye exam is due on \_\_\_\_\_
- My next foot exam is due on \_\_\_\_\_
- My next flu shot is due on \_\_\_\_\_
- My next doctor's visit is on \_\_\_\_\_



*Try to exercise every day.*



*Your doctor can help you manage your diabetes.*

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To order **Living With Diabetes: An Everyday Guide for You and Your Family**, go to <http://foundation.acponline.org/hl/diabguide.htm>