

# Control your diabetes. *For Life.*

## Tips to Help You Feel Better and Stay Healthy

### GOOD NEWS for People with Diabetes

There are many good reasons to take action now to manage your diabetes.

#### In the short run, you can:

- Feel better
- Stay healthy
- Have more energy

#### In the long run, you can:

- Reduce your risk for heart attack and stroke
- Reduce your risk for eye, kidney, or nerve disease
- Enjoy life more

Follow this three-part action plan that will help you live a long and healthy life.

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### Know your diabetes ABC numbers.



Manage your **A**1C (blood glucose), **B**lood pressure, and **C**holesterol. You will lower your chances of having a heart attack, a stroke, or other diabetes problems. Ask your health care team:

- What are my **A**1C (blood glucose), **B**lood pressure, and **C**holesterol numbers?
- What should my numbers be?



Here are the **ABC** goals for most people with diabetes.

**A1C:** 7 or less (A1C shows how your blood glucose has been over the last three months.)

**Blood pressure:** 130/80 or less

**Cholesterol:** LDL 100 or less

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### Reach your diabetes ABC goals.

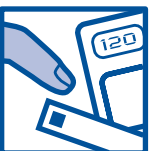
Work with your health care team, friends, and family to reach your **ABC** goals.



- **Follow your diabetes food plan.** If you do not have one, ask your health care team.
- **Eat the right portions of healthy foods:** fruits and vegetables (5 to 9 servings a day), fish, lean meats, dry beans, whole grains, and low-fat milk and cheese.



- **Eat foods that have less salt and fat.**
- **Get 30 to 60 minutes of activity** on most days of the week.



- **Stay at a healthy weight**—by being active and eating the right amounts of healthy foods.
- **See your dentist** at least twice a year. Tell the dentist you have diabetes.

- **Stop smoking**—seek help to quit.
- **Take medicines** the way your doctor tells you. Ask if you need aspirin to prevent a heart attack or stroke.
- **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that won't heal.
- **Check your blood glucose** the way your doctor tells you to.
- **Have a dilated eye exam** once a year or as directed by your doctor. Report any pain or pressure in your eyes or changes in your eyesight, at once.

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## Keep your diabetes ABCs under control.



### Set goals you can reach and break a big goal into small steps.

Start with a 5- to 10-minute walk three times a week. Then, walk longer and more often.

### Make changes that you can stick with for the rest of your life.

To lose weight and keep it off, eat smaller portions and be more active.



### Create a plan to deal with diabetes. Use these tips to keep at it.

- Make a list of all your reasons to control your diabetes for life.
- Set goals you can reach and break a big goal into small steps.
- Make changes that you can stick with.
- Try to figure out what tempts you to slip up in reaching your goals. Decide now how you will handle these events next time.
- Reward yourself for staying in control. Spend time with a friend or go to a show.
- Ask for a little help from friends or family when you're down or need someone to talk to.
- Learn to manage setbacks. Admit that you've slipped and learn what you can from it and move on.
- Don't be too hard on yourself. Work towards a healthy future.

## MY ACTION PLAN To Manage My Diabetes ABCs

Date \_\_\_\_\_

**Write down your numbers:** A1C \_\_\_\_\_ Blood pressure \_\_\_\_\_ Cholesterol \_\_\_\_\_

**Write down your goals:** A1C \_\_\_\_\_ Blood pressure \_\_\_\_\_ Cholesterol \_\_\_\_\_

Three reasons to control my diabetes for life:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Three things I will work on over the next 3 months to reach my diabetes ABC goals:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

The people who can help me do these things (e.g., friend, co-worker, health care team):

\_\_\_\_\_

Your action plan will change over time, so be ready to make a new one about every three months. Then, place your plan where you will see it often. **Do it today!**

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

[www.ndep.nih.gov](http://www.ndep.nih.gov)

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