

# Checking up on your diabetes

## The ABCs



### Did you know

that diabetes can affect your entire body? Control your diabetes now to reduce the risk of health problems in the future

## Tests to see How Your Body is Dealing with Diabetes

Test	What is this?	Targets	Timing	My Results: Date:
<b>A</b> A1c	Measures how much sugar is on a red blood cell. This test gives you an average value for your blood sugar control over 3 months	Aim for an A1C under 7%	<b>Should be done every 3 months</b>  This test can be done with a simple blood test, non-fasting (any time of the day)	A1c _____ %
<b>B</b> Blood Pressure	Measures how much force the blood creates in your arteries and veins	130/80mm Hg or less	<b>Should be done with each doctor or nurse visit</b>  This test can be done any time with a home blood pressure machine	Blood Pressure ____ / ____ mm Hg
<b>C</b> Cholesterol	Measures how much, and what types of cholesterol are in your blood <ul style="list-style-type: none"> <li>• Lousy/less healthy cholesterol is called <b>LDL</b></li> <li>• Healthy cholesterol is called <b>HDL</b></li> </ul>	For most people with diabetes: <ul style="list-style-type: none"> <li>• LDL : 2 mmol/L or less</li> <li>• Total/HDL : less than 4</li> </ul>	<b>This test should be done every 1 to 3 years</b>  This test can be done with a simple blood test	Cholesterol LDL _____ HDL _____ Total/HDL Ratio _____

Note: Not everyone is going to have "good" values for their blood tests. Your doctor may choose different target values for you. Ask your doctor or nurse about these tests.

blood glucose = blood sugar

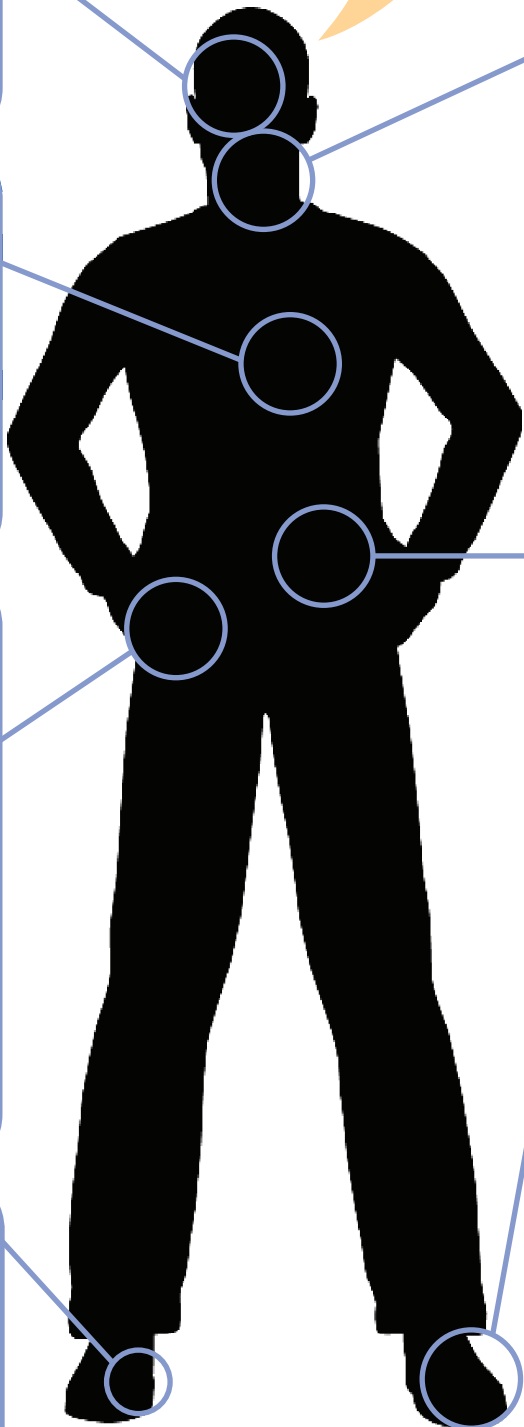


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# Checking up on your diabetes

**REMEMBER TO GET  
REGULAR CHECK-UPS,  
EVEN IF YOU FEEL HEALTHY**



**Eye Exam**

- Usually done by taking a picture of the eyes or simply looking at the eyes

**How Often?**  
Every 1-2 years

**What Can I Do?**

- Tell the doctor or nurse if there are any changes in vision such as: blurred vision or floating "spots"

**Cardiovascular Test**

- Done by an EKG (electrokardiogram) Test

**How Often?**

- Every 2 years if over 40 or have had diabetes over 15 years or have other diabetes related complications

**What Can I Do?**

- Keep blood glucose in the healthy range
- Manage high blood pressure
- Eat healthy and stay active to maintain a healthy weight

**Blood Glucose Meter Check**

**How Often?**  
Once a year

**What Can I Do?**

- Try testing your blood glucose with your blood glucose meter, right after the doctor or nurse takes a blood sample from your arm. Write down the blood glucose reading taken from your finger
- On your next visit with the nurse or doctor, compare the blood sugar readings taken from your arm to the reading taken from your finger using your blood glucose meter
- If the two readings show more or less than a 20% difference, there may be a problem with your meter, or with the way that you use your meter

**Nerve Sensitivity Test**

- The doctor or nurse will lightly poke your big toe

**How Often?**  
Once a year

**What Can I Do?**

- Tell the doctor or nurse about any pins and needles feelings in your hands or feet

**Dental Exam**

- Diabetes can lead to gum disease and tooth decay

**How Often?**  
At least once a year

**What Can I Do?**

- Regular brushing and flossing (at least twice a day) is the best way to keep the dentist's drill away!

**Kidney Function Test**

- Checks for a protein called albumin in the urine (pee)

**How Often?**  
Once a year

**What Can I Do?**

- If you smoke - consider quitting as it increases your risk of kidney damage
- Keep your blood pressure in check
- Some pills help to treat or prevent kidney damage
- See a dietitian for healthy eating tips to keep kidneys healthy

**Foot Exam**

- The doctor or nurse will look for cracks, blisters or infections of the feet

**How Often?**  
At least once a year, or at each nurse/doctor visit

**What Can I Do?**

- Check your feet every day
- Have someone help you, or use a mirror to look at your feet
- Don't treat corns/calluses, warts or foot infections on your own. Talk to a doctor or nurse
- Wear clean, fresh cotton socks every day
- Pick shoes that do not rub or pinch feet

Note: These recommendations are based on Type 2, non-pregnant adults with diabetes that do not have existing conditions