







Diabetes care is important!

Take charge of your care by seeing your doctor regularly and knowing your numbers.

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|  <h2>A1C</h2> <p>Hemoglobin A1C is sugar attached to blood cells. It tells your doctor what your average blood sugar was over the last 2 to 3 months.</p> | <p>My A1C was _____ on _____</p> | <p>For most people, the A1C should be less than 7. Talk to your doctor about what your goal should be. Your A1C should be checked at least twice a year.</p> |
|  <h2>BLOOD PRESSURE</h2> <p>Blood pressure control reduces your risk of stroke, heart disease, and kidney disease.</p> | <p>My BP was _____ on _____</p> | <p>A blood pressure reading of less than 130/80 is ideal for people with diabetes. What does your doctor suggest?</p> |
| <h2>LDL</h2> <p>BAD CHOLESTEROL</p> <p>Too much LDL (bad) cholesterol in the blood can slowly build up in the walls of the arteries that feed the heart and the brain. It can cause the arteries to narrow and make them less flexible.</p> | <p>My LDL was _____ on _____</p> | <p>LDL should be checked at least once a year. Aim for an LDL number of less than 100 unless your doctor advises you otherwise.</p> |
|  <h2>KIDNEY DISEASE</h2> <p>High blood sugar can overwork the kidneys, causing them to stop working properly. When diagnosed early, kidney disease can be slowed with treatment.</p> | <p>Urine test was done on: _____</p> | <p>Get a urine test at least once a year to check your kidney function.</p> |
|  <h2>EYES</h2> <p>Diabetes-related blindness can be prevented.</p> | <p>Last eye exam was on: _____</p> | <p>Have a yearly eye exam with an eye doctor. Be sure to let the eye doctor know that you have diabetes.</p> |
|  <h2>FEET</h2> <p>Diabetes can affect the feeling in your legs and feet. This could lead to an increased risk of injury and infection.</p> | <p>Check feet daily for cuts and sores. Call your doctor if you find any.</p> | <p>Get your feet examined at every doctor visit.</p> |
|  <h2>BMI</h2> <p>BODY MASS INDEX</p> <p>This is a measurement of body fat using your height and weight.</p> | <p>My BMI was _____ on _____</p> | <p>Generally, a healthy BMI is less than 25. Talk to your doctor about what your goal should be.</p> |

If you have questions about UPHP's Diabetes Disease Management Program, call the Clinical Services Department at 1-888-904-7526 or 1-906-225-7504.