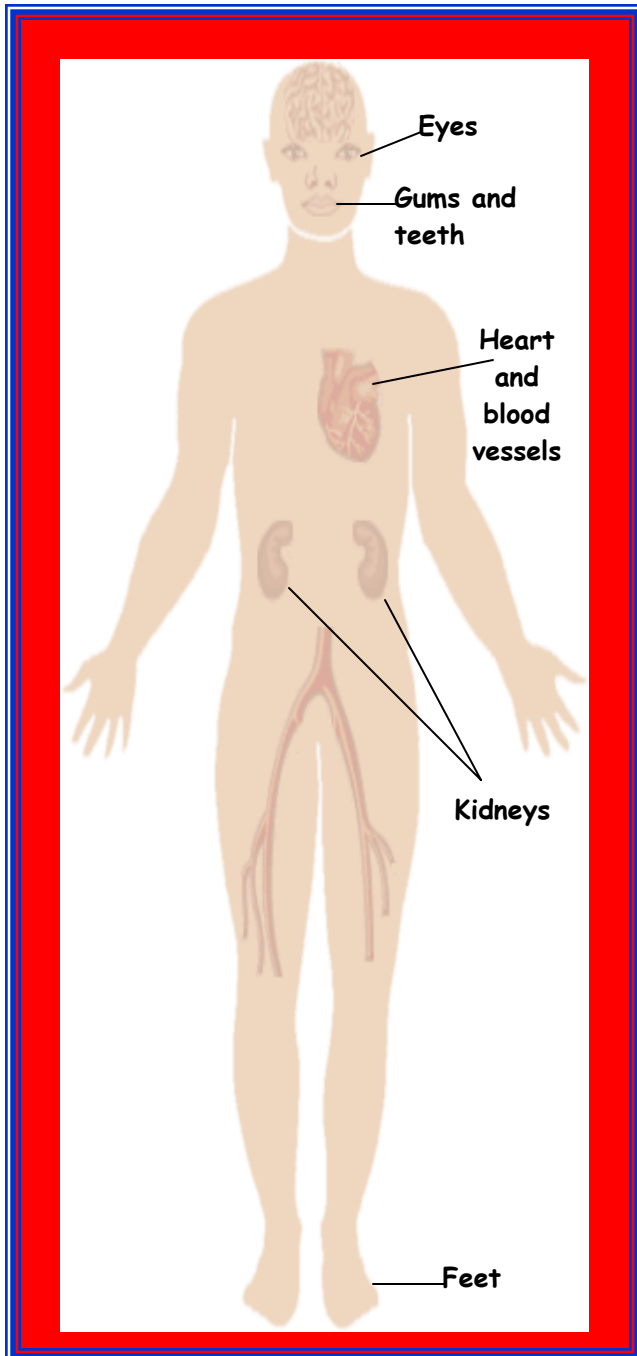


# Diabetes From Head to Toe

Controlling blood-sugar level is important for people with diabetes. High blood sugar can cause health problems. Long-term blood-sugar control is measured by the A1c test.

My A1c goal is \_\_\_\_\_.



## Diabetes and your eyes

High blood sugar can damage blood vessels in your eyes. This can lead to blurred vision or even blindness. Have a dilated eye exam every year. Call your doctor if you have any problems with your vision.

## Diabetes and your gums and teeth

Poor blood-sugar control can lead to gum disease. Brush and floss your teeth at least twice a day.

## Diabetes and your heart and blood vessels

High blood sugar can damage blood vessels over time. If you have diabetes, you are at a greater risk for heart disease and stroke. Have your blood pressure checked at every doctor visit. Have your cholesterol checked at least every year or more often if you are not meeting your goals.

## Diabetes and your kidneys

Kidneys help clean waste products from your blood. High blood sugar can damage your kidneys or cause them to stop working. This is called **kidney failure**. Have your doctor check for protein in the urine at least once a year. Protein in the urine is a sign of kidney damage.

## Diabetes and your feet

High blood sugar can cause you to lose feeling in your feet. A cut or sore can become infected quickly. Check your feet every day for cuts, sores, bumps, or red spots. If you have any problems or have a loss of feeling in your feet, call your doctor. Ask your doctor to check your feet at **every** visit.