

What is Diabetes?

Diabetes Mellitus is the inability of the body to properly utilize blood glucose (sugar) for energy which leads to a build up of glucose in the blood. Many organs are involved and often medication is needed BUT the most important factors to lower your sugar are DIET and EXERCISE

What is a Hemoglobin A1C (HbA1c) and Why is it Important in Controlling Diabetes?

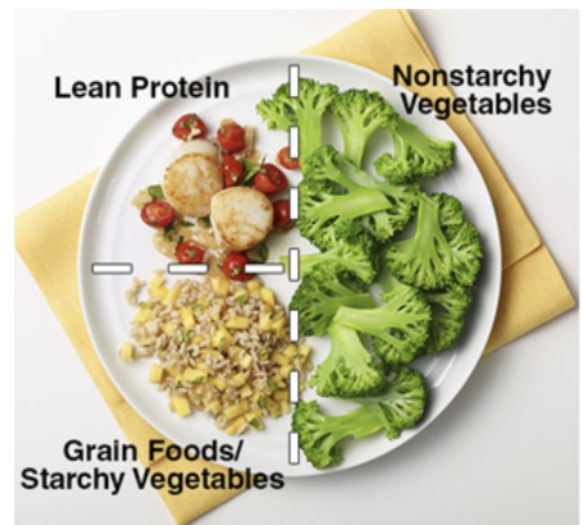
- HbA1c is a blood test that measures the average blood glucose levels over the last 3 months. Clinicians use this blood measurement because it provides a useful longer-term gauge of blood glucose control

Why We Need Better Glucose (Sugar):

The danger of diabetes are its many complications including HEART ATTACK, BLINDNESS, AND DIALYSIS.

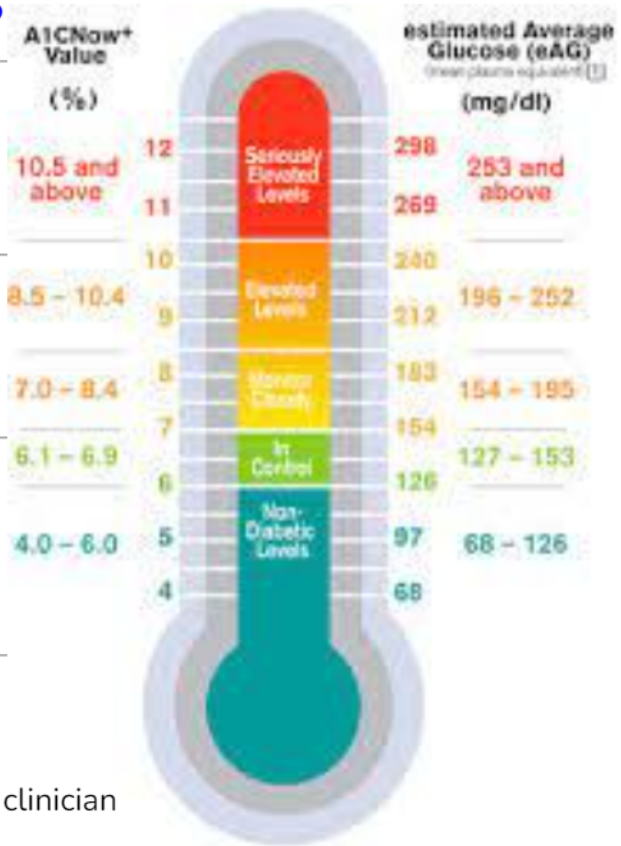
Five food Tips for Diabetics:

1. Do NOT fry your food, bake it instead
2. Drink plenty of water throughout the day, it is important to stay hydrated
3. Pick almond or skim milk over whole milk
4. Fill up half of your plate with vegetables and eat them first!
5. Try not to drink your calories; think about cutting out soda, juices, and tonics!



MY DIABETES GOALS

My current HbA1c:	My Goal HbA1c:
My current Blood Pressure:	My Goal Blood Pressure:
Two Diet/ Exercise changes I am willing to make:	<ol style="list-style-type: none"> Goal: Goal:



My Diabetes Checklist:

- I need to have an appointment EVERY 3 months with my clinician
 - My next appointment is on _____ @ _____
- I must have my diabetes blood work completed at least 3 TIMES per year
- I need a diabetes eye exam 1 time per year
 - My next appointment id on _____ @ _____
- My next foot exam is _____

MY DIABETES MEDICATIONS



	Helps reduce my blood sugar
Statin	Helps prevent heart disease
	Helps to lower blood pressure
	Helps prevent Kidney Disease
	When I miss my medications it is because...