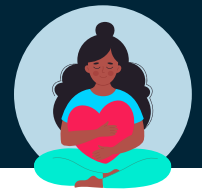


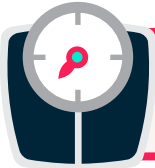
Self-Care for People with Diabetes



WHAT YOU NEED TO KNOW



Follow a healthy, well-balanced meal plan.



Aim to reach a healthy weight and stay there.



Take care of your feet.

See a health-care provider if you have difficulty sensing heat or cold or if you feel tingling in your hands or feet.



Have a flu shot each fall.



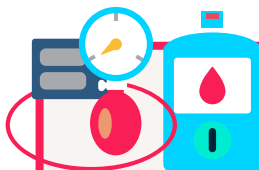
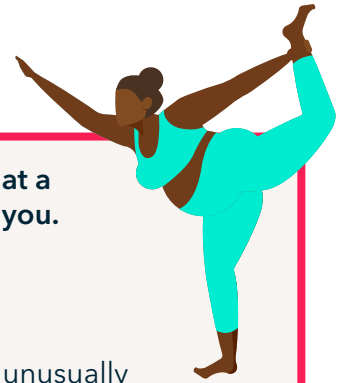
Have 1 of 2 vaccines recommended to prevent pneumonia.

A booster of 1 of these vaccines may be recommended by your health-care provider.

Establish a regular exercise routine that a health-care provider thinks is safe for you.

- Wear proper footwear
- Inspect your feet after exercising
- Exercise in a cool environment

Postpone exercise if you are finding it unusually difficult to control your blood sugar levels.



Keep blood pressure and cholesterol levels at the target you and your health-care provider have established.



Keep blood sugar levels and HbA1c in your target range (follow your meal plan and activity plan, and take the medications you have been prescribed).



Do not smoke. Smoking increases the rate of illness and death for people with diabetes.



Wear a MedicAlert bracelet or other diabetes identification at all times.

LEARN ABOUT DIABETES THROUGH A DIABETES EDUCATION PROGRAM.



Have regular checkups with your health-care provider, dentist and eye specialist.



Ask your health-care provider about medications that can help prevent damage to your heart and kidneys.



Become a knowledgeable health-care consumer. Ask questions and get a second opinion if you have any concerns.