

Diabetes Checklist- Know Your Numbers

Diabetes affects many aspects of your health. Long term, uncontrolled high blood sugar can lead to health problems for people with type 1 and type 2 diabetes. These problems include:

- Damage to nerves (neuropathy) which can cause numbness or discomfort in your hands or feet or may affect organs like your stomach
- Damage to blood vessels in the eyes (retinopathy), which may lead to blindness
- Damage to blood vessels in the kidneys, which may lead to kidney failure
- Blockages in blood vessels, which can cause heart disease or stroke
- Blockages in the blood vessels in the legs, which can lead to slow healing wounds on the legs and feet and even to amputation.

In addition to controlling your blood sugar, regular follow up with your doctor will be important in maintaining overall wellness. Regular monitoring of the items below will help keep you on track.

- A1C:** at least 2-4 times per year
Goal A1C: 6-8% for most people
My A1C: _____
- Blood pressure:** check with every doctor's visit
Goal Blood Pressure: 130/80-140/90 mmHg
My Blood Pressure: _____
- Cholesterol:** check at least once every year
Goal HDL (good) cholesterol: Men greater than 40mg/dL, Women greater than 50mg/dL.
Goal LDL (bad) cholesterol: goal based on risk for heart disease -discuss with your doctor
Goal triglycerides: less than 150 mg/dL.
My HDL: _____
My LDL: _____
My triglycerides: _____

- Dilated and complete eye exam:** every year. Call your eye care specialist with any changes in vision.

Date of your next complete eye exam: _____

- Complete foot exam:** every year. Let your doctor know if you have problems such as loss of feeling or tingling, changes in shape, or sores on your feet. Take your socks and shoes off during every office visit.

Date of next complete foot exam: _____

At home check your feet every day. Inspect for cuts, blisters, cracks, swelling, and dry skin.

Wear shoes and socks that fit well. Do not go barefoot or wear sandals.

- Kidneys:** every year. Have your urine and blood tested to monitor kidney function.

Date of next kidney exam: _____

- Dental Exam** at least every year. Let your dentist know if you have bad breathe or bad taste; red, sore, swollen, tender or bleeding gums; receding gums; loose teeth or teeth that have moved; pain while chewing or sensitive teeth; longer appearing teeth, or change in bite; change in fit of partial dentures; or history of mouth or gum abscess.

Date of next dental exam: _____

Brush teeth twice daily with a soft bristle toothbrush and fluoride toothpaste. Floss daily.

- Quit Smoking (including e-cigarettes):** Decide on a quit date and reward yourself for small victories. For free help, call 1-800-QUIT-NOW or visit www.smokefree.gov

My quit date: _____

It is recommended that you wear a medical ID bracelet and/or carry an ID card indicating that you have diabetes.

Diabetes Checklist- Vaccinations

Vaccines are very important for people with type 1 or type 2 diabetes. People with diabetes are more likely to get the flu and other infections than people without diabetes. Diabetes can make the immune system less able to fight infections while the infection makes blood sugar control more difficult.

When people with diabetes get sick, they are at risk for pneumonia, bronchitis, sinus infections and ear infections. The good news is the immune system of a diabetic person responds to vaccinations as well as a nondiabetic person's.

People with diabetes should take everyday precautions including avoiding sick contacts. Those with flu-like symptoms should stay home for 24 hours after the fever is gone (without the use of fever-reducing drugs). Covering nose and mouth when sneezing and coughing with a tissue; not touching eyes, nose and mouth; washing hands often; and cleaning surfaces such as keyboards and phones between users are all recommended as everyday preventive actions.

Diabetics should have a sick-day plan and supplies to implement the plan on hand.

CDC vaccine recommendations for diabetics

- Flu vaccine** every year (precaution against giving nasal flu vaccine to diabetics)
- Tdap vaccine** to protect against tetanus, diphtheria and whooping cough
- Pneumococcal polysaccharide vaccine** to protect against pneumonia and other similar diseases
- Hepatitis B vaccine** series to protect against hepatitis B
- Zoster vaccine** to protect against shingles if you are 60 years and older
- HPV vaccine** to protect against human papillomavirus if you are a man or woman under age 26
- MMR vaccine** to protect against measles, mumps and rubella if you were born in 1957 or after and have not gotten this vaccine or do not have immunity to these diseases. Your doctor may do a blood test to see if you have immunity.
- Varicella vaccine** to protect against chickenpox if you were born in 1980 or after and have not gotten two doses of this vaccine or do not have immunity to this disease. Your doctor may do a blood test to see if you have immunity.

