

Manage Your Diabetes

Foot Care

- Bathe daily with warm, not hot, water.
- You may trim calluses with a pumice stone, but do not use any commercial corn removers or harsh soaks, such as epsom salts or betadine.
- Inspect your feet twice daily-when putting on shoes and taking off shoes. Report any skin break to your doctor immediately.
- Moisturize daily- but not between your toes.
- Trim toenails straight across, and use an emory board to smooth.
- NEVER go barefooted.

Eye Care

- Schedule yearly eye exams.

Care of Teeth & Gums

- Schedule regular visits to your dentist every 6 months, if no problems arise.
- Brush teeth two to four times daily.

Sick Day Care

- Monitor blood sugar often.
- Continue diabetes medication, insulin, and/or pills.
- Continue fluids to avoid dehydration.
- Replace normal amount of carbohydrates if you cannot eat whole meals.

Know Your Numbers Goals

Hemoglobin A1C	less than 6.5
Fasting blood glucose	between 60-120
Blood glucose less than 140 (two hours after meal)	
Blood pressure	less than 130/80
Total cholesterol	less than 200
LDL, with any other CV risk . . .	less than 70
HDL women	greater than 50
HDL men	greater than 45
Triglycerides	less than 150
Microalbumin	less than 20

Source: American Association of Endocrinologists

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