

## **If you have diabetes, this can keep you healthy:**

- Take an aspirin every day (unless your doctor says not to).
- Have a dilated eye exam done once a year by an eye doctor.
- Have your cholesterol level checked at least once a year. This is a blood test. Your LDL level tells whether you are at risk for a heart attack. It should be less than 100 mg/dl.
- Have a special urine test (called a microalbumin) done once a year to check your kidneys. The result should be less than 30 mg/g.
- Stop smoking! Ask for help if you need it.
- Have a foot exam by your doctor to check for nerve damage every year. Examine your own feet every day.
- Keep your blood sugars in control. Your doctor will tell you where yours should be. A lab test called an A1c can tell how well this is doing. Your A1c should be less than 7.0%.
- Keep your blood pressure 130/80 or less.
- Visit your dentist to get your teeth cleaned twice a year. Brush and floss your teeth every day.
- Learn about diabetes. Attend diabetes education classes. Be a member of a diabetes support group. Read diabetes magazines.
- Be as active as you can be. Exercise regularly if your doctor recommends it for you.
- Eat healthy and stay at a good weight.