

# 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 salt or betadine.
- Inspect your feet twice daily—when putting on shoes and taking off shoes. Report any skin breaks to your healthcare provider immediately. Use a hand-held mirror to see the bottoms of your feet, or ask someone else to inspect them.
- Moisturize daily—but not between your toes.
- Trim your toenails straight across, and use an emery board to smooth.
- NEVER go barefooted.
- Take off your shoes when visiting your healthcare provider. Ask to have your feet checked.

## Eye Care

- Schedule yearly eye exams.
- Make sure the eye doctor dilates your eyes.

## Care of Teeth & Gums

- Schedule regular visits to your dentist every 6 months. Go more often if problems arise.
- Brush your teeth two to four times daily.

## Sick Day Care

- Monitor your blood sugar every 2 to 4 hours.
- Continue your diabetes medication, insulin, or pills.
- Continue fluids to avoid dehydration.
- Replace your normal amount of carbohydrates with sports drinks or snacks if you cannot eat whole meals.
- Call your healthcare provider if you cannot control your blood sugar.

## Know Your Numbers Goals

Hemoglobin A1C .....	less than 7%
Fasting blood glucose .....	between 80 and 130
Blood glucose.....	less than 180 (1–2 hours after meal)
Blood pressure.....	less than 140/90
Cholesterol	
LDL.....	less than 70
HDL women .....	greater than 50
HDL men.....	greater than 40
Triglycerides .....	less than 150
Microalbumin (urine) .....	less than 30

Source: American Diabetes Association.

Ask your healthcare provider if you should take a “baby aspirin” (75–162 mg) daily.

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