

## Keeping Healthy with Diabetes!

	<u>Fasting Blood Glucose</u>	<u>A1C</u>
Healthy	less than 100 mg/dl	less than 5.7%
PreDiabetes	100 – 125 mg/dl	5.7 – 6.4%
Diabetes	126 mg/dl	6.5% or more

### 9 Things YOU Can do to Prevent and Manage Diabetes



1. Get active –30 minutes a day plus strengthening 2 x's a week
2. Brush and floss teeth daily. See dentist on regular basis.
3. Strive for 7 hours of sleep.
4. Don't smoke and watch alcohol (1-2 drinks or less per day)
5. Eat more fiber and super foods. Prepare food at home.
6. Choose unsweetened beverages and unprocessed food most often.
7. Get out in nature. Breathe. Have moments of AWE.
8. Talk about it.
9. Meet with a registered dietitian and diabetes care & education specialist. Keep connected with provider.

### Goals for those with Diabetes

**A1C** – less than 7% and Time in Range (70-180) 70% of time.

- Premeal sugar target is 80-130
- 1-2 hours after a meal, less than 180

**Blood Pressure** – less than 130/80

**Cholesterol** – If over 40, cholesterol medication + diet and exercise recommended

- LDL (lousy) cholesterol target less than 70, if at high risk
- LDL cholesterol target less than 55, if had heart attack or stroke

**Drugs** – Know the medications you are taking, keep updated list on phone or paper and

**Eyes** – Get checked yearly, report any vision changes

**Feet** – Check them daily, and if you notice sores or infection, let your provider know

**Food** - Healthy eating, more fiber, vegetables, beans, whole grains, fruits. Meet with dietitian.

**Kidneys** – Check for kidney health annually by knowing your:

- GFR (goal is more than 60) and UACR (urine test) with goal of less than 30 mg/gm.

## Make a Plan – You are Worth It

**My Activity & Mental Health Goal for this week:**

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**My Nutrition Goal for this week:**

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**When I meet with my provider, I am going to ask about:**

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**Preparing for Provider Visit:**

- ✓ Bring list of medications currently taking or take a picture of the meds you are taking.
- ✓ If you are keeping track of your blood sugars, bring in your log book or CGM reader.
- ✓ Consider ahead of time the top 1-2 things you want to address during your visit and write them down.
- ✓ If you have a hard time remembering what is said, bring someone with you and write down main points after the visit.
- ✓ Ask for a copy of your lab results so you can keep your own personal record.

### Collaborate with Health Care Team

Learn about diabetes

Be familiar with your health /labs

Ask what action you can take to improve your health

Referrals as needed

Your interest increases engagement

- Keep an eye on the ABC's of your diabetes.

