

TWELVE PERSONAL GUIDELINES FOR DIABETES CARE

- 1) **Blood Pressure pills if BP > 130/80**
- 2) **Eye Exam Yearly**
 - Detects and corrects retinal damage early
- 3) **Exercise**
 - Exercise 30 minutes per day or 10 minutes 3 times per day
- 4) **Foot Care**
 - Visual exam daily
 - Keep dry and clean
 - Good fitting shoes
 - Check by doctor yearly
- 5) **Nutrition**
 - Daily meals goal = 50% vegetables/25% meat+protein/25% grains+starches
- 6) **Weight Reduction**
 - *Basal Mass Index = BMI – goal <25 (example = Dr C has BMI of 30)
 - Waist – goal (men's waist <40") (woman's waist <35")
- 7) **Dental Care**
 - Yearly visit
- 8) **Medications**
 - Aspirin 81 mg. daily
 - Cholesterol Pill if LDL (bad cholesterol) >100
- 9) **Smoking Cessation**
- 10) **Immunizations**
 - Flu shot yearly, Pneumonia shot every 7-10 years
- 11) **Blood Glucose Goals**
 - Glucose fasting - = 70-130
 - Glucose 2 hr past eating – goal = <180
 - Glucose before bedtime – goal = 90-250
- 12) **Know Your Numbers – Lab Testing**
 - A1C blood test – goal <7
 - LDL bad cholesterol – goal <100
 - HDL good cholesterol – goal >40
 - Triglycerides – goal <150
 - Urine Microalbumin – protein in urine – goal = <30 (early warning sign for cardiovascular disease)

* In people with a BMI >27: 70% have type 2 diabetes, 56% have hypertension; 47% have high cholesterol (National Center for Health Statistics).