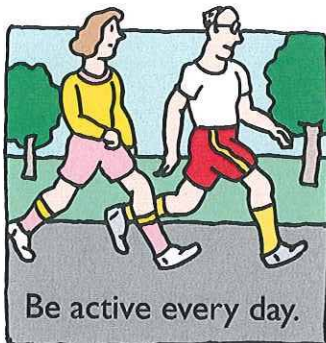
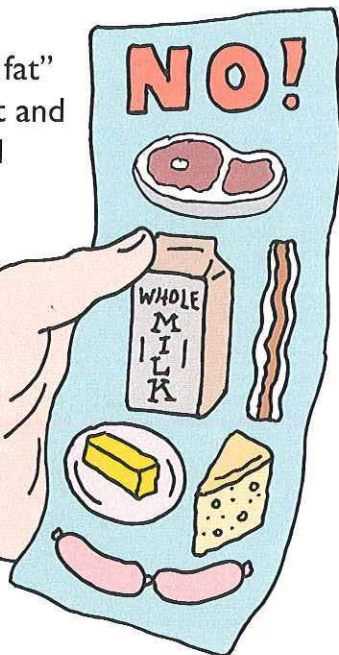


TIPS TO CONTROL CHOLESTEROL AND DIABETES

Eat less "bad fat" (saturated fat and trans fat) and cholesterol.



Read food labels. Buy low-fat, high-fiber foods when you shop.



Eating foods high in saturated fats, trans fat (the "bad" fats) and cholesterol can cause serious health problems, including a heart attack or stroke. If you have diabetes, your chance of having health problems is even higher.

Be smart! To help you stay healthy, eat fewer bad fats and more good (unsaturated) fats, such as

- nuts
- vegetable oils (olive and canola oil)
- fish
- avocado

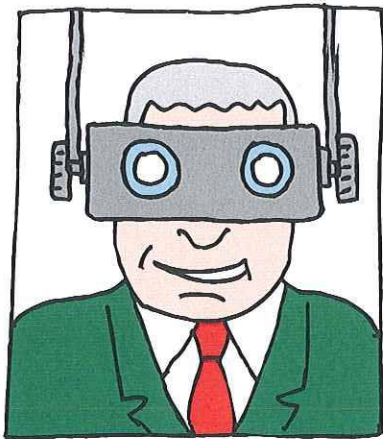
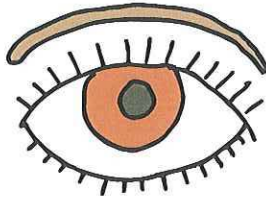
Call your doctor today for a simple test to check your fat and cholesterol levels.



DIABETES AND YOUR EYES

High blood sugar levels from diabetes can cause a number of problems with your eyes, such as:

- Blurry vision
- Cloudy vision that feels like you are looking through a dirty window
- An increase in eye pressure
- Loss of vision



If you have a problem:

Call your doctor or health clinic right away if you have any sudden change in your vision.

Regular eye exams and taking good care of your diabetes are the best way to prevent eye problems.

What can you do?

You can help prevent eye problems and keep your eyes healthy if you:

- Get a “dilated” eye exam at least once a year*
- Control your blood pressure
- Keep your blood sugar under good control



* Dilated eye tests or exams are given only by an ophthalmologist (ahp tha MAHL uh jist). This is a medical doctor (MD or DO) with special eye care training.

DIABETES AND YOUR TEETH



High blood sugar can cause problems with your teeth, gums, and mouth.

What can you do?

You can prevent problems and take good care of your teeth and gums if you:

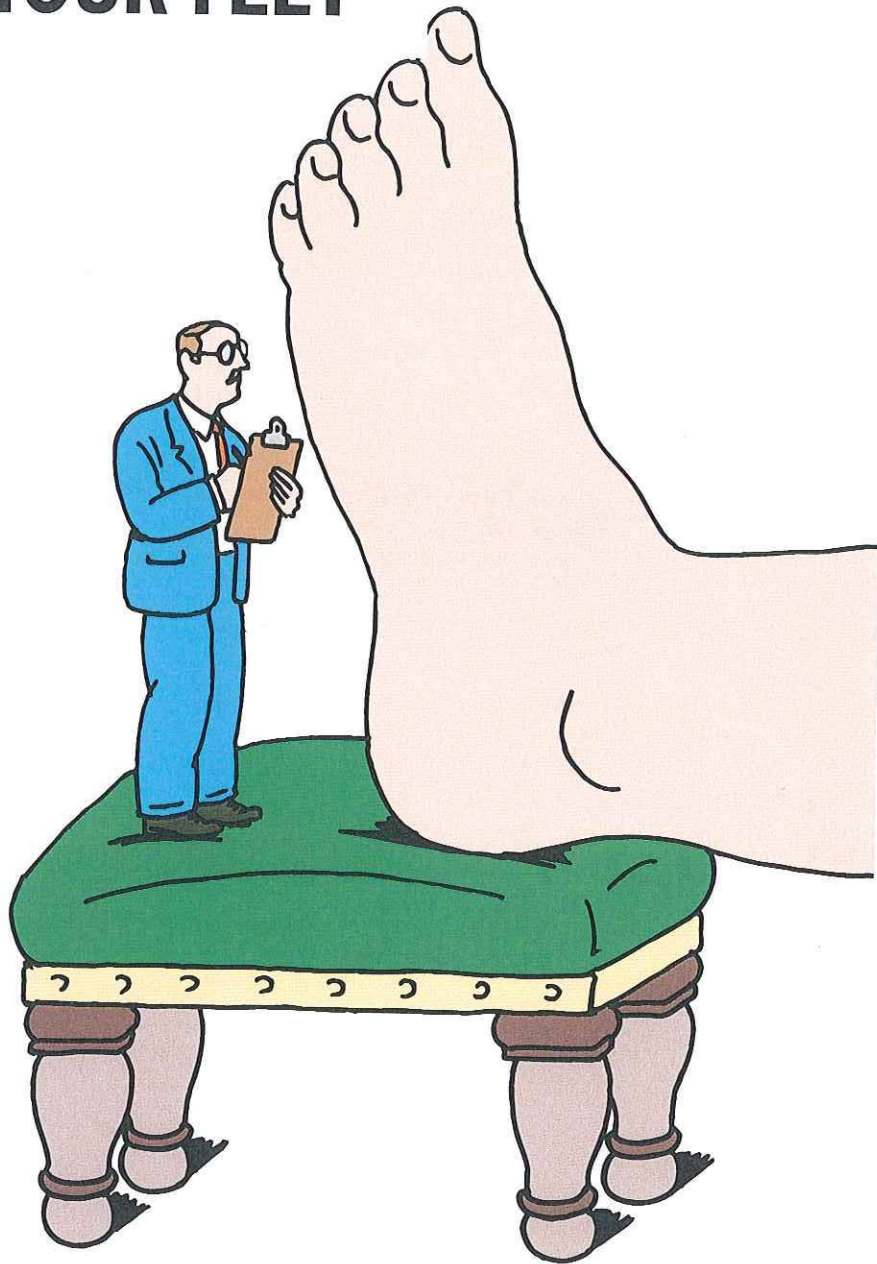


- Control your blood sugar
- Brush and floss your teeth with a soft toothbrush after meals
- Check your teeth and gums every day for any problems
- Call the dentist if you have sore or bleeding gums, white spots, or a bad taste in your mouth for more than a few days. You could have an infection.
- If you smoke, Quit! Smoking is bad for almost everything, including your teeth
- See the dentist at least every 6 months for a checkup. Be sure to tell your dentist that you have diabetes.

Good blood sugar control is the key to healthy teeth and to healthy living with diabetes.

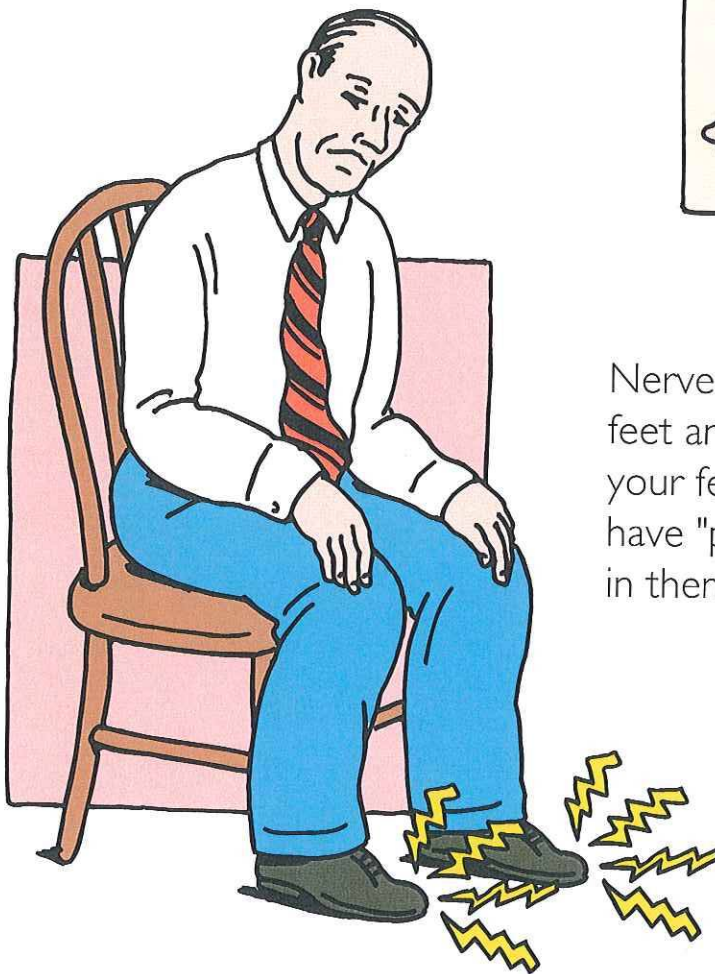
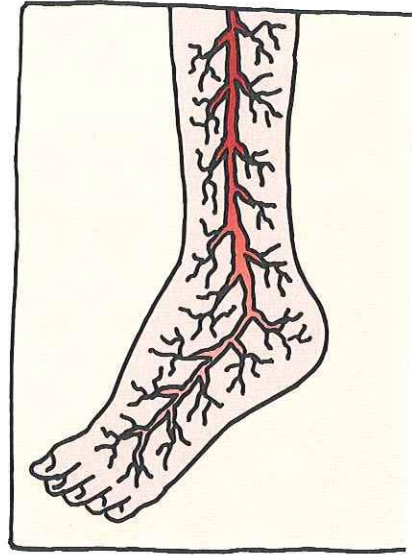


DIABETES AND YOUR FEET



When you have diabetes,
it is important to take
care of your feet.

High blood sugar can damage
the nerves in your feet and
cause blood flow problems.



Nerve damage in your
feet and legs can make
your feet feel like they
have "pins and needles"
in them.

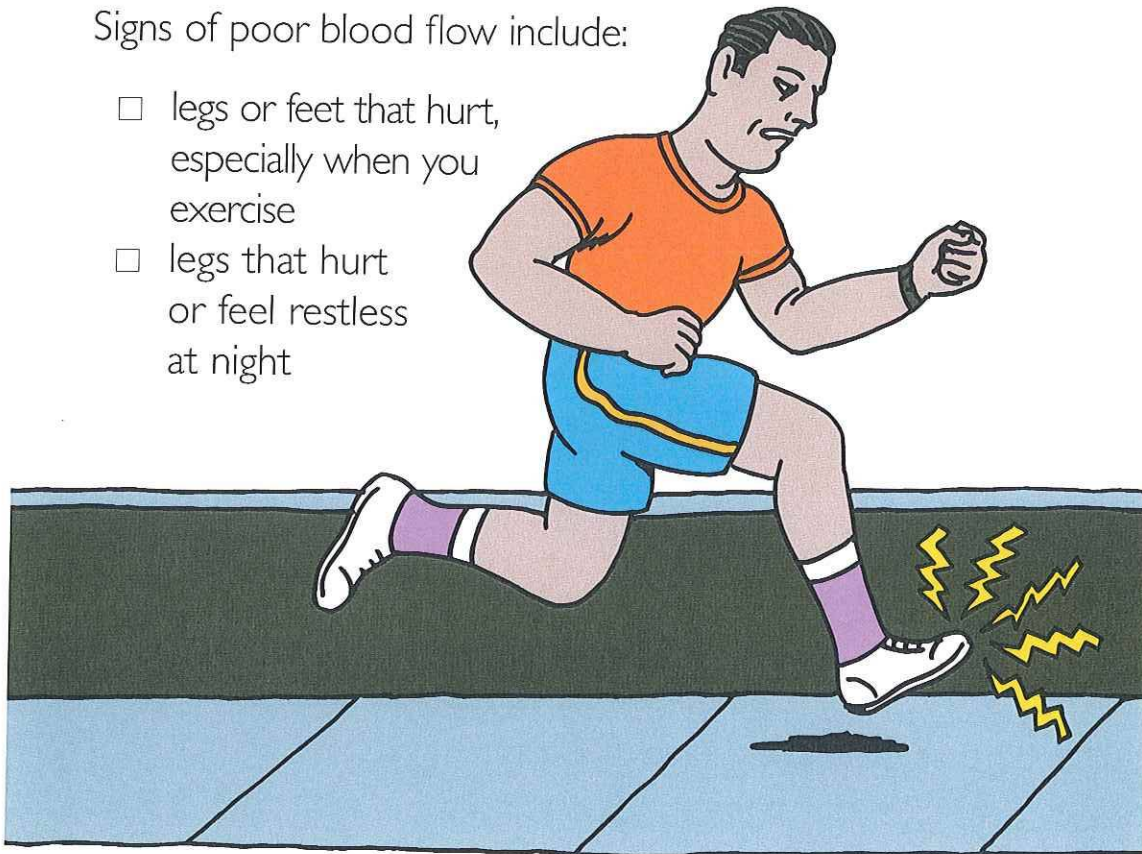
You may also lose feeling in your feet and not be able to feel pain, pressure, heat or cold. Then if you have a sore, blister, or injury, you may not know it right away. The sore can become infected.

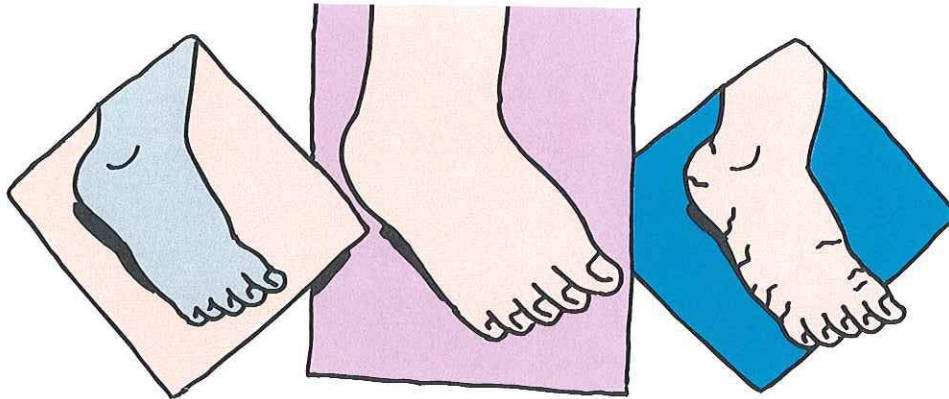


Infection and poor blood flow can lead to losing your toes, foot, or leg.

Signs of poor blood flow include:

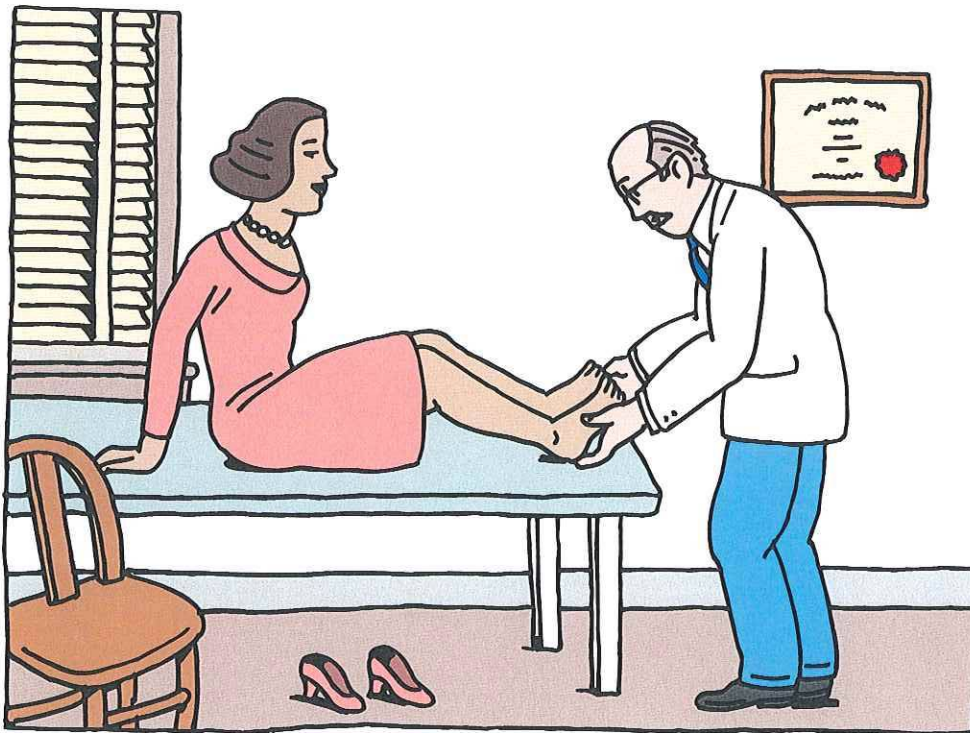
- legs or feet that hurt, especially when you exercise
- legs that hurt or feel restless at night





You may also have sores that won't heal, feet that are swollen or blue, or skin on your feet that is very dry and cracked.

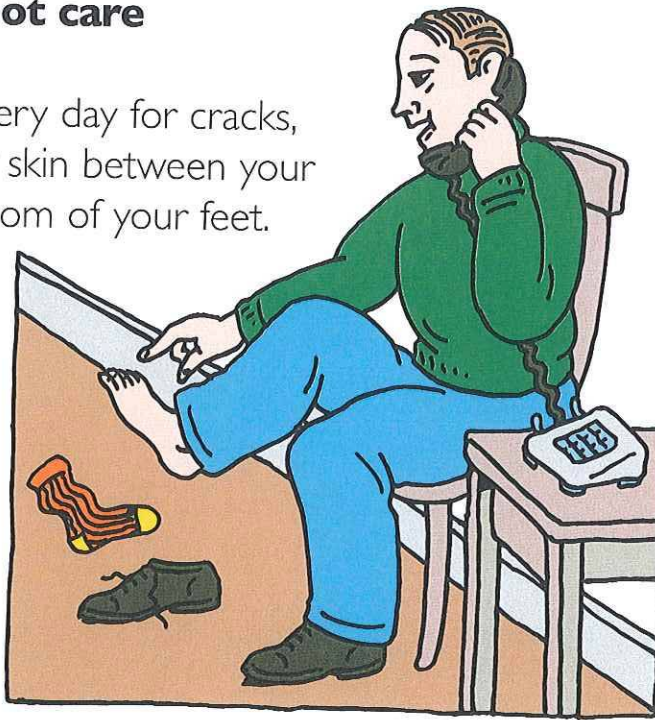
If you have diabetes, it is important to have your feet checked often by your doctor or health clinic. Each time you visit your doctor or health clinic, make sure you take your shoes and socks off to have your feet checked.



Tips for good foot care

Check your feet every day for cracks, blisters, cuts, or dry skin between your toes or on the bottom of your feet.

Use a mirror or get someone to help if you have trouble seeing your feet. Call your doctor right away if you see a sore on your foot. Don't wait.



Wash your feet every day with mild soap and warm (not hot) water. Always test the water first against your wrist or elbow to make sure it is not too hot. Dry your feet well, including between your toes.

Don't soak your feet. It may dry your skin too much.



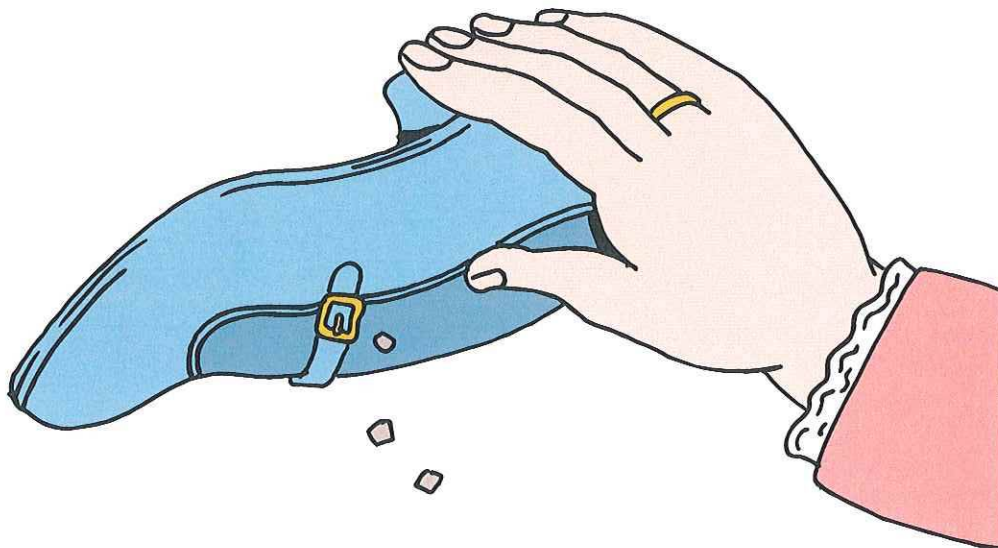
Use lotion or cream on the tops and bottoms of your feet (not between toes) and especially on any dry skin areas.

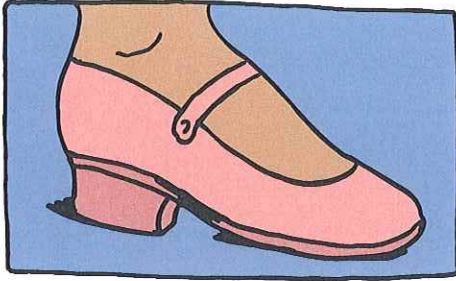


Trim your toenails straight across with an emery board or file. Do not use scissors or clippers.



Look inside and shake out your shoes and socks before you put them on. This will help you remove small objects that could hurt your feet.

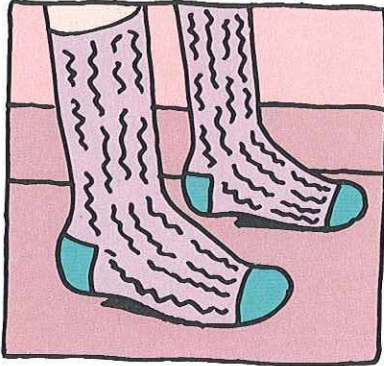




Wear shoes that fit well, are comfortable, and don't cause blisters. Shoes that fully cover and protect your feet should be worn year-round.

Never go barefoot, even indoors.

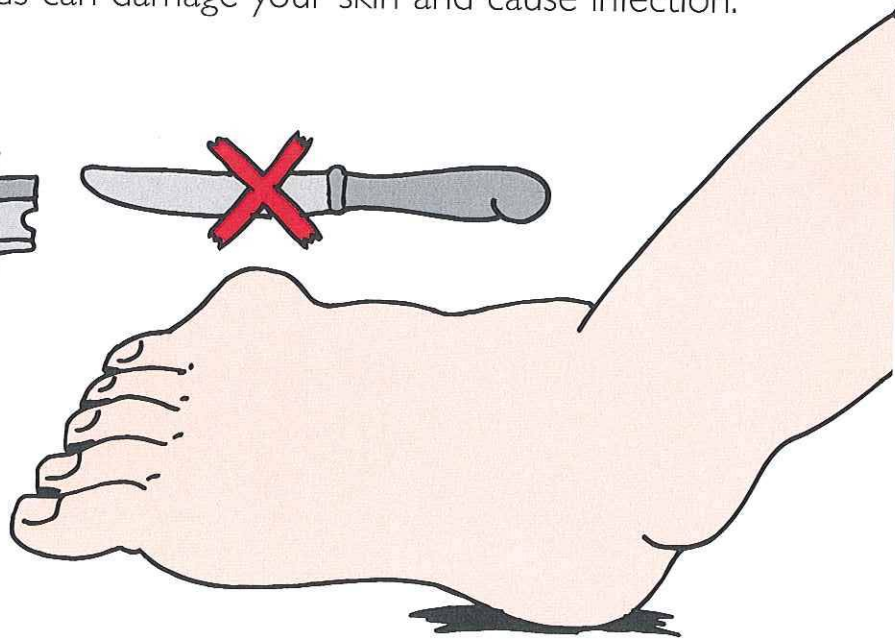
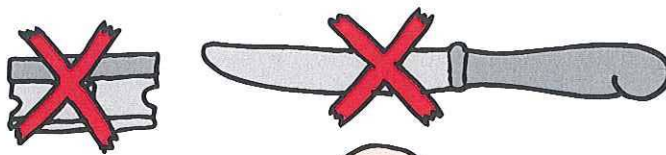
Cotton or wool socks will help keep your feet dry. If your feet are cold, wear warmer socks.



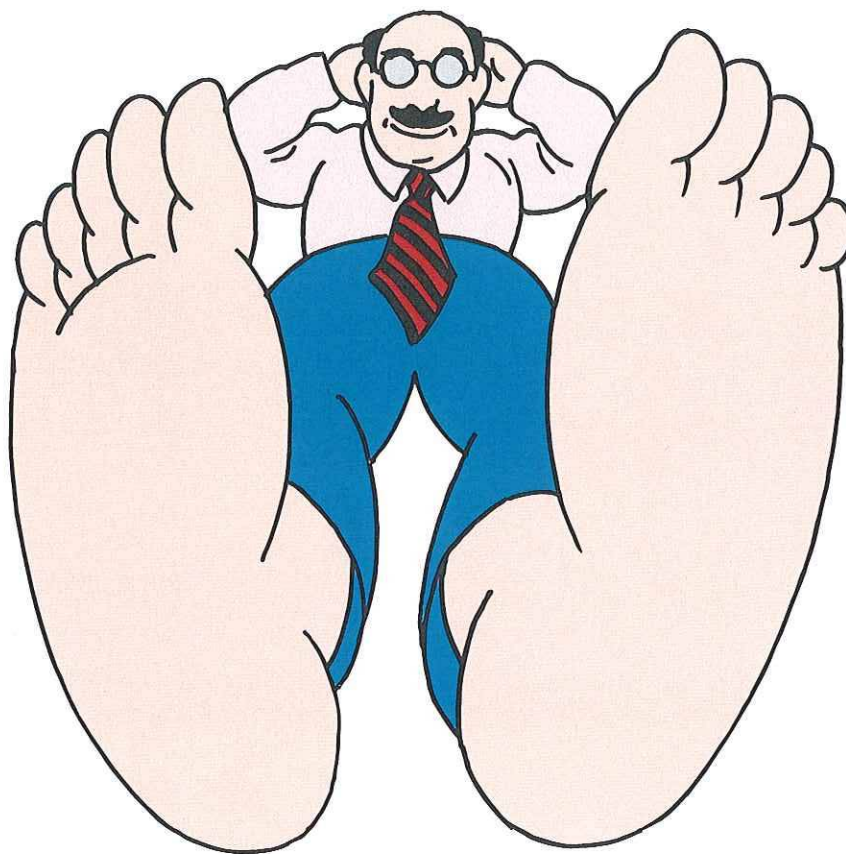
Don't use heating pads or hot water bottles to warm your feet.



See your doctor for care of corns, calluses, and warts. Never cut or treat corns and calluses yourself. Razor blades, corn plasters, liquid callus removers, and wart compounds can damage your skin and cause infection.



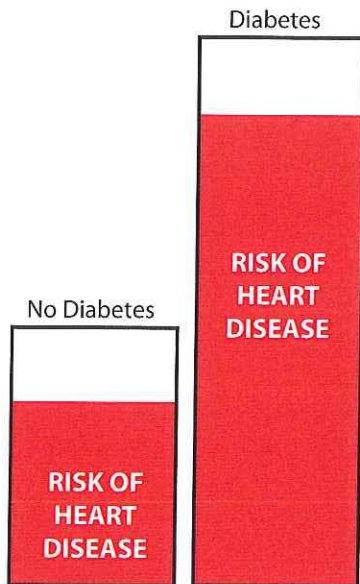
Foot care is an important part of managing your diabetes. Your doctor will help you develop a foot care plan that's right for you.



Always talk to your doctor or diabetes educator before making any changes in your diabetes treatment plan.

DIABETES AND YOUR HEART

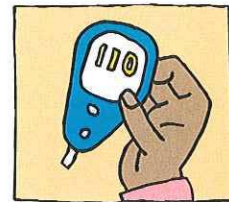
The number one health problem for all Americans is heart disease. If you have diabetes, you have at least twice the risk or chance of having heart disease as a person without diabetes.



What can you do?

You can lower your chance of having a heart attack, stroke, or blood vessel problems by controlling your:

- Blood sugar levels
- Blood pressure
- Cholesterol, and
- Weight, if you are overweight



Know your heart-healthy goals:

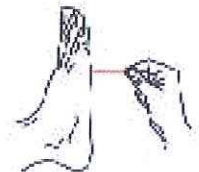
- Follow your diabetes meal plan
- Be physically active every day
- Take your diabetes medicine
- If you smoke – QUIT!



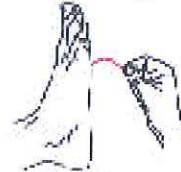
Are you doing all you can do to protect your heart? Find out at your next diabetes care visit.

Self Testing Instructions

(You may screen your own feet or ask a relative, friend, or neighbor to do it for you)



Step 1

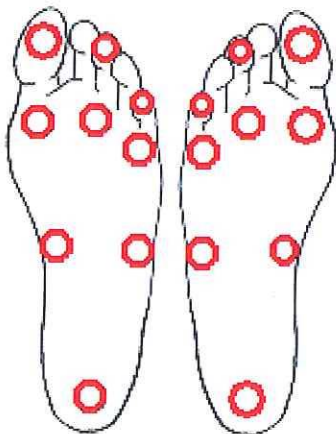


Step 2

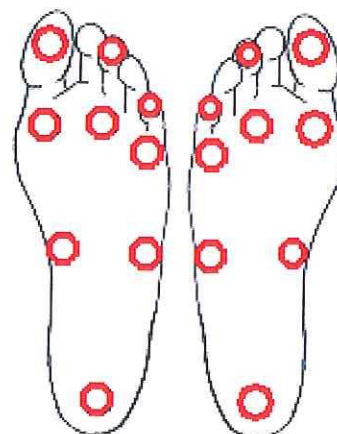
1. Hold the red filament by the paper handle, as shown in Step 1.
2. Use a smooth motion to touch the filament to the skin on your foot. Touch the filament along the side of and NOT directly on an ulcer, callous, or scar. Touch the filament to your skin for 1-2 seconds. Push hard enough to make the filament bend as shown in step 2.
3. Touch the filament to both of your feet in the sites circled on the drawing below.
4. Place a (+) in the circle if you can feel the filament at that site and a (-) if you cannot feel the filament at that site.
5. The filament is reusable. After use, wipe with an alcohol swab.

Diabetic Foot Screen Test Sites

If you have a (-) in any circle, take this form to your health care provider as soon as possible.



Date _____



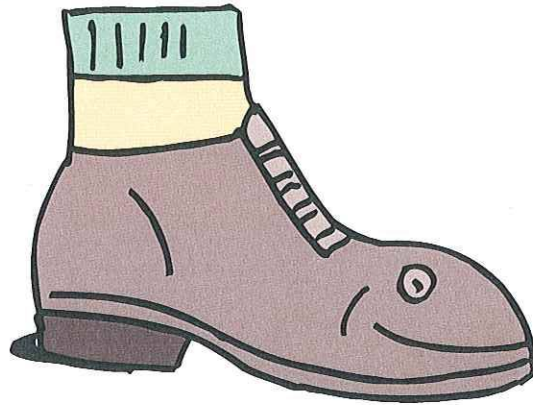
Date _____

Place
Filament
Here

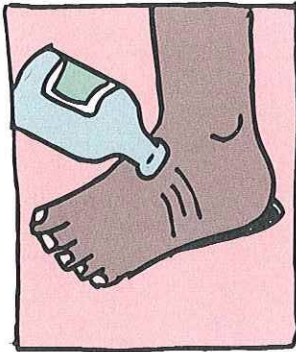
TIPS FOR GOOD FOOT CARE



Check your feet and toes daily for cuts, bruises, or swelling



Wear shoes and socks that fit well



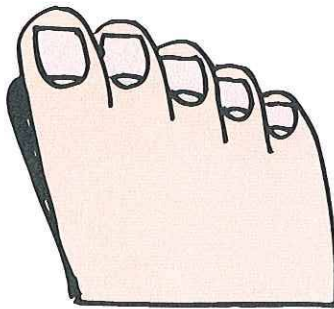
Use skin lotion to avoid dry feet (but not between your toes)



Exercise every day for at least 20 to 30 minutes



Wash and dry your feet every day. Use warm (not hot) water and mild soap



File your toenails straight across



See your doctor right away if you hurt your feet

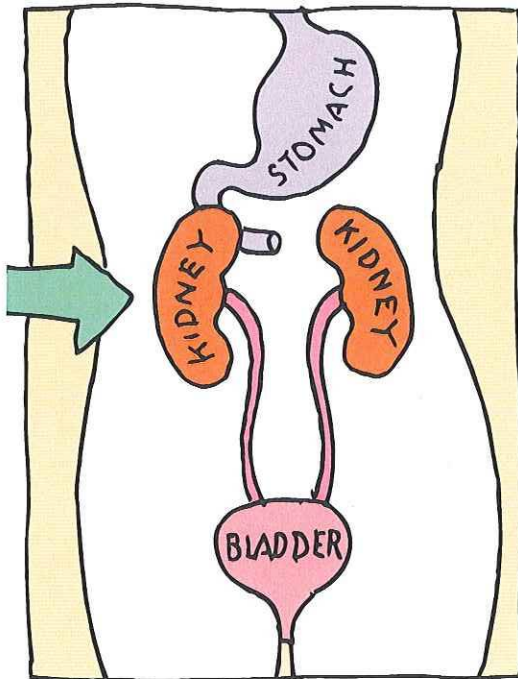


Don't go barefoot - ever!

PROTECT YOUR KIDNEYS

The kidneys clean your blood. Their main job is to remove the waste or things in your blood that can make you sick if you don't get rid of them.

People with diabetes have a higher risk or chance of having kidney disease. A problem with your kidneys can cause serious health problems that are hard to control.



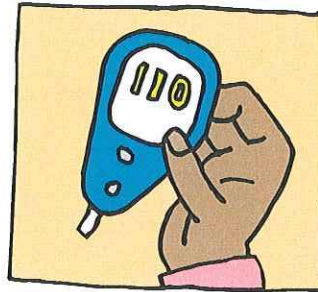
Kidney disease is also called a "hidden" health problem. Why? Because there is often no sign of a kidney problem until it is too late.

Stop kidney problems before they start. Talk to your doctor or diabetes educator for more information.

What can you do?

You can help stop kidney problems before they start if you:

- Control your blood sugar every day



- Control your blood pressure
- Be active and eat healthy foods in the right amounts
- Have a urine protein (kidney) test once a year
- Control your weight or get help to lose weight, if you need to



- Don't smoke!
- Drink 6 to 8 glasses of water a day
- Take all the medicine you are supposed to take every day