

# Taking Care of Your Diabetes



1. It is good to be active every day. Walking can help you feel good and control your blood sugar.



2. It is good for you to eat five servings of fruits and vegetables a day.



3. It is good for you to eat less sugar and starch (carbohydrates). This includes sweets, sugary drinks like soda, bread, rice, potatoes, and pasta.



4. Take your medicines as prescribed. If you don't know what medicines to take, ask.



5. Check your feet every day for cuts, bruises, or sores.



6. Know your ABC numbers. A stands for A1c, a measure of your blood sugar. B stands for blood pressure. C stands for cholesterol.



7. Get regular check-ups at your medical office or clinic. Don't wait until you are sick.

# WHAT IS DIABETES?

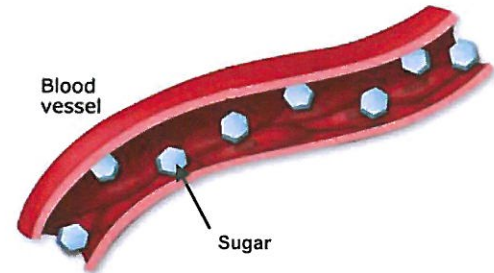


## Diabetes is high blood sugar

Some of the food you eat turns into sugar.

Your body uses insulin to send sugar to your organs and muscles.

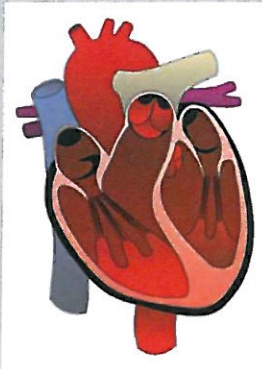
But, if you have diabetes, sugar gets stuck in your blood vessels.



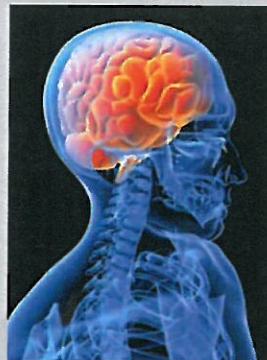
This makes the sugar in your blood get too high. Too much sugar in the blood can cause serious problems in the body.

You can control your blood sugar with healthy food choices, physical activity, and medication.

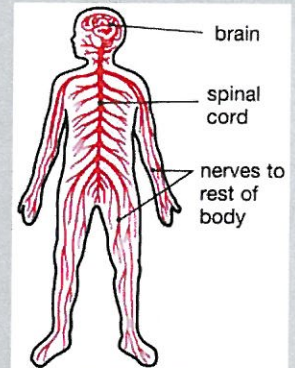
Diabetes can damage different body parts.



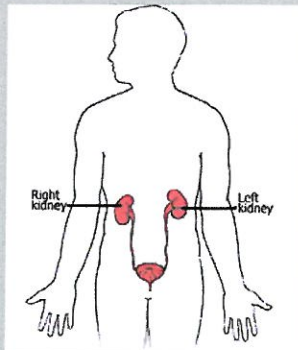
Heart: heart attack



Brain: stroke



Nerves: loss of feeling in the fingers and feet



Kidneys: kidney failure



Eyes: poor vision or blindness



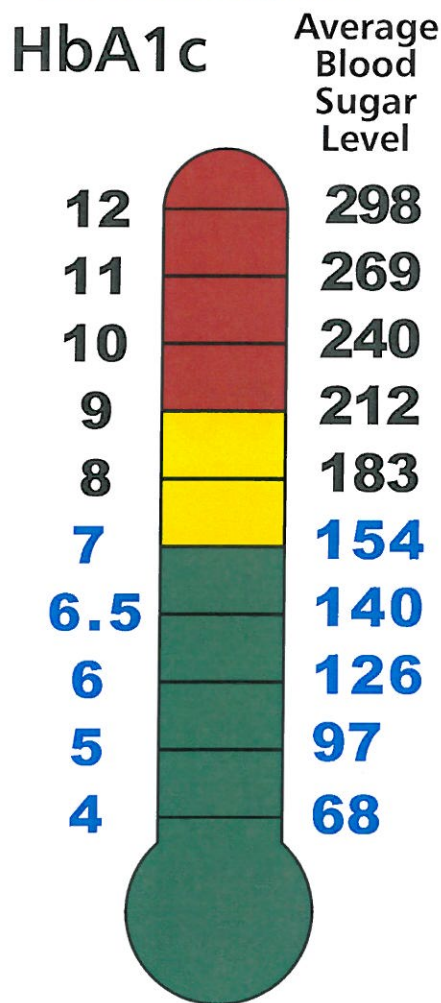
# Know your Numbers!

Let's talk about knowing your numbers for the **ABCs** of diabetes

**A** **HbA1c.**  
The HbA1c goal for people with diabetes is:

**Less than 7 or 8**

Ask your provider about your personal goal.



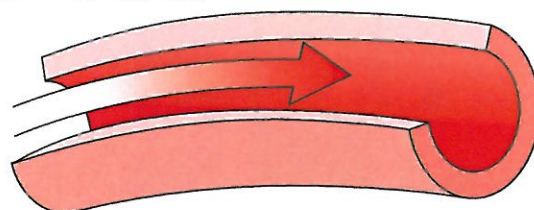
**B** **Blood Pressure.** The blood pressure goal is :  
**130/80 or below**



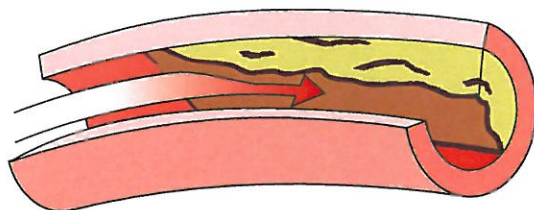
**C** **Cholesterol.** The cholesterol goal for LDL cholesterol for people with diabetes is:

**Under 100**

The LDL goal for everyone else is 130.



Blood flow in normal vessel



Blood flow in blocked vessel

Original material adapted from the Migrant Clinicians Network  
[www.migrantclinician.org](http://www.migrantclinician.org).

# HEALTHY TEETH AND GUMS

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**Diabetes can cause problems with your teeth and gums.**

**“How can I keep my teeth and gums healthy?”**



- ☑ Floss at least once a day.
- ☑ Brush your teeth (false teeth too!) after each meal. Use a soft toothbrush.
- ☑ See a dentist if you have red, sore, or bleeding gums; gums that are pulling away from your teeth; a sore tooth that could be infected; or soreness from your dentures.
- ☑ Get your teeth cleaned and your gums checked by your dentist twice a year.
- ☑ Tell your dentist that you have diabetes.