

Diabetes

Complications

A Wellness Approach to Diabetes

Complications are not an inevitable part of living with diabetes and importantly, there is a lot you can do to stay well and remain healthy with diabetes. There are many benefits to you in taking this wellness approach to diabetes. Diabetes can affect all of the blood vessels in the body, thereby causing potential harm to you:

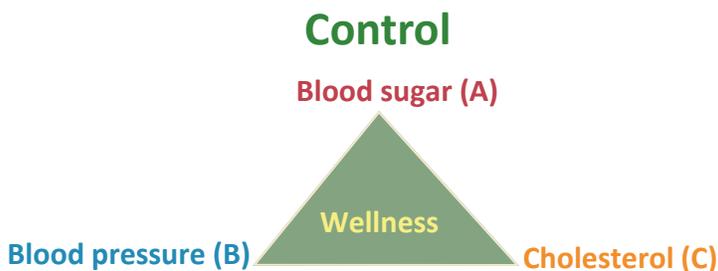
- Eyes
- Bowels / Stomach
- Brain
- Nerves
- Heart
- Feet
- Kidneys
- Sexual organs

The key is knowing and looking after your **A, B, Cs**. You're **A, B, Cs** are the following:

A = A1c (3 month average blood sugar test)

B = Blood pressure

C = Cholesterol



What are the Numbers?

Blood sugar targets:

- Range of 80-110mg/dl fasting and pre meals
- Less than 160mg/dL 2 hours after meals (ideally less than a 50 point rise from your pre meal blood sugar)
- 100-140mg/dL at bed-time
- Aim for your A1c to be between 6-7% (providing you are not having many low blood sugar levels).

Note: For every 1% you reduce your A1c, you reduce your risk of complications of diabetes by up to 35% depending on the complication

Blood pressure targets:

- Aim for blood pressure readings below 130/80mmHg or less than 120/70mm/Hg if you have known kidney problems

Cholesterol targets:

- Aim for a total cholesterol less than 200mg/dL.
- Aim for a HDL cholesterol (**Good**) of more than 40mg/dl (men) and 50mg/dL (women).
- Aim for a LDL cholesterol (**Bad**) less than 100mg/dL or less than 70mg/dL if you have heart problems
- Aim for a triglyceride level (**Ugly**) less than 150mg/dL.

Your Wellness Approach to diabetes should include:



“Complications are not inevitable

- Get educated – know how to best manage your diabetes
- Monitor your blood sugar levels and know your targets.
- Maintain your A1c between 6-7%. Your health care team can monitor this every 3-4 months as required.
- Maintain cholesterol levels as recommended above. Your health care team can check this once to twice per year as required.
- Maintain blood pressure under 130 /80 mmHg. You should have this checked at each health visit.
- Monitor your kidney function. Your doctor should check for microalbuminuria (small protein) at least once per year.
- Monitor your eyes by having them checked every 12 months.
- Check your feet daily – keep them soft and report cuts or wounds immediately.
- Maintain your ideal body weight, especially your waist measure. Aim for gradual weight loss if overweight.
- Monitor your food intake – low fat foods in particular.
- Maintain your exercise levels at 30 minutes on five days per week.

- Do not smoke. If you smoke – QUIT!
- Maintain regular appointments with your health care team:
 - Primary Care Physician
 - Diabetes specialist (If you have one)
 - Diabetes Educator
 - registered nurse
 - Dietician
 - Podiatrist
 - Eye specialist

How often should I test?

Tests	Target	Frequency
A1c	Less than 7%	2-4 times a year, depending on level of control
Blood pressure	Less than 130/80mmHg; less than 120/70 mmHg for patients with kidney problems	Every time you see your health care team.
Total cholesterol	Less than 200 mg/dl	At least once per year. More frequently if you are not at target.
LDL	Less than 100 mg/dl; less than 70 mg/dl for patients with heart disease	
HDL	Greater than 40 mg/dl men; greater than 50 mg/dl women	
Triglycerides	Less than 150 mg/dl	
Microalbuminuria	Less than 30 µg/mg Microalbumin	At least once a year
Eye Exam	No retinopathy	At least once a year



Your Wellness Approach begins with you!

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