

## MY DIABETES RECORD FORM

Use this form to keep track of your diabetes ABC's.

### A1C - BLOOD GLUCOSE (Sugar)

Suggested Goal: Below 7 on the A1C Test

*Test at least twice a year*

Date							
Result							

### BLOOD PRESSURE

Suggested Goal: Below 130/80

*Test at every visit*

Date							
Result							

### CHOLESTEROL

Suggested Goal: LDL Below 100

*Test at least once a year*

Date							
Result							

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact Yvette Holland at 212-633-0800 ext. 1232.

Adapted from the National Diabetes Education Program, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.



NOVEMBER IS  
**DIABETES**  
**MONTH**

THE POWER TO CONTROL  
**DIABETES**  
IS IN YOUR HANDS



### Tips to Control your Diabetes for Life.

Having diabetes can lead to serious problems with your eyes, kidneys, nerves, gums and teeth. If you have diabetes, you are also more likely to have a heart attack or stroke.

But the power to prevent these complications lies in your hands. If you control your diabetes by following the steps in this insert, it can help you feel better and stay healthy.

**Take action to control your diabetes today!**

With long life will I satisfy Him, and show him my salvation (Psalm 91:16)

# 1

## Know your diabetes ABC numbers.

Controlling diabetes comes down to your **ABC**'s:



**A** is for the **A1C (A-one-C) test**. It measures your blood glucose (sugar) level over the last 3 months. Too much glucose can damage your heart, blood vessels, kidneys, feet and eyes. Keep your A1C below 7.

**B** is for **Blood Pressure**. High blood pressure makes your heart work too hard. Keep your blood pressure below 130/80.

**C** is for **Cholesterol**. Bad cholesterol or LDL can build up and clog your blood vessels.

✓ Ask your doctor or health care team:



- What are my A1C, Blood Pressure, and Cholesterol numbers?
- What should they be?
- What can I do to reach my targets?

✓ Write down your numbers on your **Diabetes Record Form** on the back of this handout.

# 2

## Reach your diabetes ABC goals.



- Follow a healthy eating plan, that includes fruits and vegetables, little fat, little salt, and small portions.
- Be active for at least 30 to 60 min. most days.

- Check your blood glucose every day. Write down the number in your record book and take it with you to your doctor's visit.



- Don't Smoke. If you do, ask for help to quit.
- Check your feet everyday for cuts, blisters, sores, swelling, redness or sore toenails.
- Brush your teeth and floss at least twice everyday to prevent problems with your mouth, teeth and gums.

# 3

## Keep your diabetes ABCs under control.

Get routine care. See your health care team at least twice a year to find and treat any problems early.

**At each visit be sure you have a:**

- ✓ Blood pressure check
- ✓ Foot check
- ✓ Weight check
- ✓ Review of your glucose level records
- ✓ A1C test—if it is over 7, have it checked more often

**Once a year be sure and have a:**

- ✓ Cholesterol check
- ✓ Triglyceride test
- ✓ Complete foot exam
- ✓ Dental exam to check your teeth and gums
- ✓ Dilated eye exam