

Understanding and managing your diabetes is a journey, and it may be difficult or frustrating at times. But, there are numerous resources to educate and support people living with diabetes. Here are some centers in your area that offer diabetes support groups, management assistance, and education:

1. Your local church groups and healthcare provider
2. Bronx-Lebanon Hospital Center  
1780 Grand Concourse  
**Program:** Diabetes Education  
Tuesdays, 8:30 AM - 12 PM, English  
Fridays, 8:30 AM - 12 PM Espanol  
**Contact:** 718-960-1330.
3. Albert Einstein College of Medicine,  
Montefiore Diabetes Center  
1825 Eastchester Road, Suite 1076  
**Program:** The Clinical Diabetes Center  
Inpatient/Outpatient Self-Management Skills  
Education Program  
**Contact:** 718-904-2883
4. Montefiore Diabetes Center (East & West campuses): 1825 Eastchester Road, Room 260  
**Program:** Diabetes Support Group  
**Contact:** 718-920-7247 or visit the website:  
<http://www.montefiore.org/services/diabetes/>

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any question about Bronx Health REACH, contact Bethany Gotkin at 212-633-0800 ext .328



November is  
National Diabetes Month

## Why do you need to take care of your diabetes?

Having diabetes can lead to serious problems with your eyes, kidneys, nerves, and gums and teeth. A major problem caused by diabetes is heart disease. When you have diabetes, you are more than twice as likely to have heart disease or a stroke. You may not even have the typical signs of a heart attack.

You can reduce your risk of developing diabetes complications by properly managing your diet, blood sugar, blood pressure and blood fat levels. The best way to take care of your health is to work with your doctor and stay informed.



Set goals for healthy lifestyle changes and more effective management of your diabetes. The tips inside will help!

*"Apply your heart unto instruction, and your ears to the words of knowledge." Proverbs 22:12*

## Everyday Care: Preventing Diabetes Complications



Follow a healthy eating plan that includes fruits and vegetables, little fat and small portions.



Be active at least 30-60 minutes most days. Ask your doctor what activities are best for you.



Take your medicines as directed. Read instructions and discuss questions with your doctor.



Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.



Brush and floss your teeth at least twice a day.



Control your blood pressure and cholesterol.



Don't smoke.

## Getting ready for the visit to the doctor:

- Bring your blood sugar readings from your home tests.
- Write down or bring all your medications- prescription AND over-the-counter medicine!
- Make a list of questions and make sure you don't leave until to get the answers

## Check at every doctor visit:

- Blood Pressure: Tells the force of blood flow in vessels
- Weight: A major key to managing diabetes
- Feet: Take off your shoes and socks, and have your doctor make sure your feet are healthy.
- A1C: Gives your average blood sugar level for the past 2 to 3 months

## Check every year:

- Cholesterol: High levels of bad cholesterol, LDL, build up in arteries and causes heart disease.
- Microalbumin: A test that checks for protein in your urine to make sure your kidneys are functioning properly.
- Eyes: Ask your doctor for a dilated eye exam.

## Goals:

- Your A1C should be at or below 7%
- Normal range cholesterol and blood pressure
- Normal Body Mass Index, or BMI, which measures body fat based on height and weight

## Understand and Manage the ABC's of Diabetes

- \* A1C (blood sugar)
- \* Blood Pressure
- \* Cholesterol