



NEED TO KNOW

DIABETES

WHAT IS IT?

Diabetes is when your body does not make enough of the hormone called “insulin” or it does not use insulin properly. When this happens, too much sugar stays in your blood.

TREATMENT

Keep your blood sugar under control by:

- Checking your blood sugar often as directed by your doctor
- Taking your insulin and other medication as directed
- Eating healthy, balanced meals and snacks
- Exercising on most days of the week
- Seeing your doctor for regular check-ups and tests

CALL YOUR DOCTOR IF:

- Your blood sugar is up 50-100 points over your normal reading for more than 2 days; or
- Your blood sugar is below range for more than 2 days
- You have increased pain, swelling, or numbness in your lower extremities
- You have new vision problems with no change in your blood sugar reading

GO TO THE ER IF:

- Your blood sugar is over 240
- You have a headache with dizziness and slurred speech
- Your blood sugar is low and you have weakness and slurred speech

TESTS and EXAMS

Please take this form with you and discuss this during your next doctor’s appointment	Tests and Exams		
	Hemoglobin A1c Test	Date	Value
	LDL	Date	Value
	Microalbumin	Date	Value
	Dilated retinal eye exam	Date	Value
	Foot exam	Date	Value