

# It's Good to Know About Your Diabetes *From Head to Toe*

Know your **numbers**.\*



- A1C (average blood sugar) Below 7%<sup>†</sup>
- Blood pressure Under 140/90<sup>‡</sup>
- HDL—good cholesterol Above 40 mg/dL (men); above 50 mg/dL (women)
- Triglycerides (fats) Under 150 mg/dL

Number/Date    Number/Date    Number/Date    Number/Date

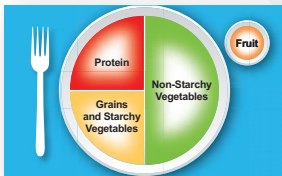

\*Talk with your doctor about your numbers and risk for stroke, heart attack, and heart disease. <sup>†</sup>A1C goal may be more or less depending on your age and/or health history. Senior goals may be less than 8%. <sup>‡</sup>Under 130/80 mm Hg in select patients.



Have a **dilated eye exam** once a year.  
You may be referred to a specialist.

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Ask about **diet**. Get more **exercise**.  
Talk to your health care provider **before** starting a new exercise routine.

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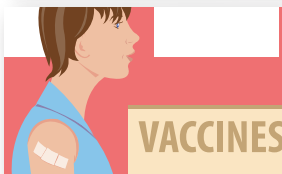
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Remove your socks for a **foot exam**.

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Confirm your **vaccines** are up-to-date.

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