

DIABETES CARE TIPS



The Oregon Department of Human Services has developed guidelines for patients with diabetes and their physicians.

EVERY DIABETES VISIT

- ✓ Review blood sugar records and discuss target goals
- ✓ Discuss your diabetes treatment plan and make changes as needed
- ✓ Have your blood pressure checked
- ✓ Take off your shoes and socks and have your feet inspected.

EVERY THREE MONTHS

- ✓ Have your HbA_{1c} (blood test) checked if you use insulin

EVERY SIX MONTHS

- ✓ Have your blood pressure checked
- ✓ Have your HbA_{1c} (blood test) checked if you do not use insulin

EVERY YEAR

- ✓ Schedule a dilated eye exam with your eye doctor
- ✓ Have your urine tested for protein
- ✓ Visit your dentist to have your teeth and gums checked
- ✓ Get a flu shot (usually available October through December each year)
- ✓ Check your cholesterol and triglycerides
- ✓ Have a complete foot exam, including a check for a loss of feeling

MAKING THE *MOST* OF YOUR DOCTOR'S VISITS

- ▶ Bring a list of questions
- ▶ Ask for the results of any tests that have been done
- ▶ Take notes about the visit
- ▶ Ask "why" before agreeing to any medication, medical tests or treatment
- ▶ Take someone with you, if needed, to help you remember and understand any instructions given concerning medications, tests or treatment

OTHER QUESTIONS TO *ASK* YOUR DOCTOR

- ▶ How to stop using tobacco
- ▶ Taking aspirin to help prevent a stroke and heart disease
- ▶ Pneumonia and tetanus shots
- ▶ Alcohol use
- ▶ Exercise
- ▶ Birth control and family planning
- ▶ Pregnancy and diabetes



For more information contact: ODS Diabetes Care program • 503-948-5548 • 877-277-7281
www.odskompanies.com



FIND OUT MORE ABOUT YOUR DIABETES

RESOURCES

American Diabetes Association

800-342-2383
www.diabetes.org

Juvenile Diabetes Foundation

800-533-CURE (2873)
503-643-1995 (Oregon Chapter)
www.jdf.org

American Dietetic Association

800-877-1600
www.eatright.org

American Diabetes Association: Oregon Affiliate

503-736-2770

National Diabetes Information Clearinghouse

800-860-8747
www.diabetes.niddk.nih.gov

National Cholesterol Education Program

<http://hin.nhlbi.nih.gov/ncep.htm>

Preventing and Treating High Blood Pressure

<http://www.nhlbi.nih.gov/hbp>

International Diabetes Federation

32-2/5385511
www.idf.org

