

Mindful Diabetes Monitoring 101

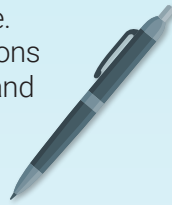
Diabetes can come with a host of complications, from nerve damage to eye problems to increased risk for heart disease and stroke. Keep your diabetes under control with these strategies:



1

Track your blood sugar levels.

- Use a blood glucose meter to measure sugar levels.
- Make it a habit.
- Aim to keep your numbers in the target range.
- Record any reactions to food, exercise and medicine.



2



Look after your feet.

- Check your feet every day — a mirror helps to see the bottom!
- Watch for cuts, calluses, swelling, hot spots or dry skin.
- Wash feet with warm water and dry afterward.
- Moisturize with lotion, but don't apply between the toes.



3

Tend to your teeth.

- Visit your dentist regularly to check for cavities and gum disease.
- Brush with a fluoride toothpaste at least twice a day and floss at least once a day.



4

Stop smoking, if you do.

Smoking with diabetes can raise your risk for:

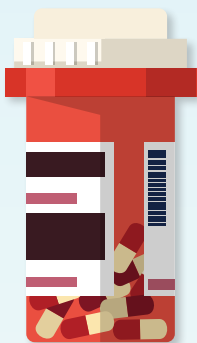
- Heart disease.
- Kidney disease.
- Eye disease.
- Gum disease.
- Nerve damage in the arms and legs.
- Poor blood flow to the feet and legs.



5

Take your meds.

- Follow your healthcare provider's directions for using medications.
- You may receive prescriptions to treat blood sugar, cholesterol or blood pressure. Be sure to understand when and how to take each one.



Trust Your Gut

Don't delay contacting your provider if you notice something doesn't feel quite right. Early treatment can greatly reduce the risk for serious complications.



Sources include: American Diabetes Association, Centers for Disease Control and Prevention