

# You Can Do It!

## 6 Ways to Control Diabetes and Live Well

### 1 A-1-c Test

- This test tells you the level of sugar in your blood over the past 3 months.
- You want a score of 7 or less.
- Get tested 2 to 4 times a year.



Keeping your A1C less than 7 will prevent damage to your kidneys, eyes, and heart.

### 2 Blood Pressure

- Get your blood pressure checked at each provider visit.
- Normal blood pressure is less than 130/80

Keeping a normal blood pressure will help protect you from kidney, eye, and heart problems!



### 3 Blood Test

- The blood test you need is called a lipid profile.
- The lipid profile tells you how much fat is in your blood. Fat in your blood is called cholesterol
  - LDL is the "bad" cholesterol.
  - HDL is the "good" cholesterol.
- Get this test done yearly.



Keeping a good cholesterol level can protect you from heart and blood vessel problems!

### 4 Eye Test

- The eye test you need is called a dilated eye exam.
- Having high blood sugar can damage the blood vessels in your eyes.
- Get your eyes tested every year.

Keeping your blood sugar in control can save your sight!



### 5 Foot Test

- Check your feet every day. Tell your provider about any sores that will not heal.
- Ask your provider to check your feet at each visit.
- Ask your provider for a complete foot exam once a year to check the nerves in your feet.

Having your blood sugar in control and good foot care can protect your feet!



### 6 Urine Test

- The urine test you need is called micro albumin (mike-ro-al-bu-min). This test will tell you if there is protein in your urine which is the first sign of kidney disease.
- You should get this test done at least once a year.

Keeping your blood sugar and blood pressure in control can protect you from kidney disease!



# A Diabetes Nurse is Here for You!

Call us at 1-800-578-0603, press 0, then press 78259 or 77074

**Diabetes Nurse:** "Hello Tina, my name is Nancy and I am your diabetes disease manager with Passport Health Plan. Can we talk for a few minutes?"

**Tina:** "Sure."

**Diabetes Nurse:** "I am calling to see how your blood sugar is doing. Do you have a blood sugar meter at home?"

**Tina:** "Yes. I have a Contour meter, and I check my blood sugar 2 to 3 times a day. It usually runs around 200. I know that's high, but I just can't seem to stay on top of everything. I have a bad heart, lung problems and high blood pressure. It's really too much to handle because I take so many medicines."

**Diabetes Nurse:** "Well Tina, that's ok because I can help you. Let's talk about a few things you need help with the most."

**Tina:** "That would be nice because I just don't know where to start. I know I am overweight, and I don't really exercise."

**Diabetes Nurse:** "How about if we talk about your eating habits. A few small changes can help you lose some weight. And losing just a few pounds will help your overall health. Does that sound like something you feel you would be able to do?"

**Tina:** "I never thought of it that way. Yes, I think I can do that."

**Diabetes Nurse:** "Start out by eating low-fat, grilled or baked foods. Once you are good at making those changes, then you can start keeping a food diary. Keeping a record of what you eat during the day can help you see where you might need to make healthier food choices for meals and snacks."

**Tina:** "Starting out small seems a whole lot easier than trying to change everything all at once. Thank you for helping me see how simple it can be. I will start today."

**Diabetes Nurse:** "Great, Tina. I am glad to help you, that's my job. I will be calling you back to see how things are going. Until then, feel free to call me any time."