

Prevention of Cardiovascular Diseases

Heart Disease &
Stroke Prevention

Division of Chronic Disease
Prevention and Control
www.vdh.virginia.gov



FAST FACTS

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment
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You Can Take Steps To Control Your Diabetes

- Test your own blood glucose 2 to 4 times a day.
- Take your blood glucose logbook to each doctor's visit.
- Take your medication as prescribed by your doctor.
- Lose weight if overweight.
- Eat more high fiber foods, like vegetables, dried beans and oatmeal each day.
- Eat less fat, cholesterol, sugar and salt.
- Eat at least three times a day—do not skip meals.
- If you use alcohol or tobacco, take steps to stop. Call Quit Now Virginia at 1-800-QUIT NOW for help stopping tobacco use.
- Talk to your doctor about being more physically active (exercise).
- Take care of your feet every day:
 - ✓ Check for cuts, blisters, corns, and sore spots,
 - ✓ Wash and dry your feet,
 - ✓ Trim your nails across without cutting into corners of the toes,
 - ✓ Wear socks and comfortable shoes that cover your whole foot and
 - ✓ Ask your health care provider to inspect your feet at every visit about your diabetes.
- Women: talk to your doctor about diabetes and pregnancy.



YOU CAN TAKE STEPS TO CONTROL YOUR DIABETES

My A1c level on my last visit was _____ .

My goal A1c level is _____.

I promise to work on the following changes everyday before my next appointment.

1. _____

2. _____

3. _____

Patient's Signature

Health Care Provider's Signature

Date

Date

My next appointment is:

Date

Time

Diabetes Guidelines (for those with Diabetes)*

Blood sugar before meals (goal is 70 to 130 mg/dl)

Blood sugar 1-2 hours after meals (goal is less than 180 mg/dl)

Blood pressure (goal is less than 130/80 mmHg)

*These values are for non-pregnant adults.

Your personal diabetes management schedule should include:

- A1c at least twice a year
- Lipid profile and dilated eye exam yearly
- Urinalysis for protein and microalbumin yearly
- Blood pressure, weight and foot inspection each visit
- Dental exam every 6 months
- Flu shot yearly
- PPV (Pneumococcal Polysaccharide Vaccine—Pneumonia) once in your life.

*“Clinical Practice Recommendations”, American Diabetes Association, January, 2009

“Take Charge of Your Diabetes,” Centers for Disease Control and Prevention, 2002. Can be contacted at www.cdc.gov/diabetes or 1-877-232-3422.