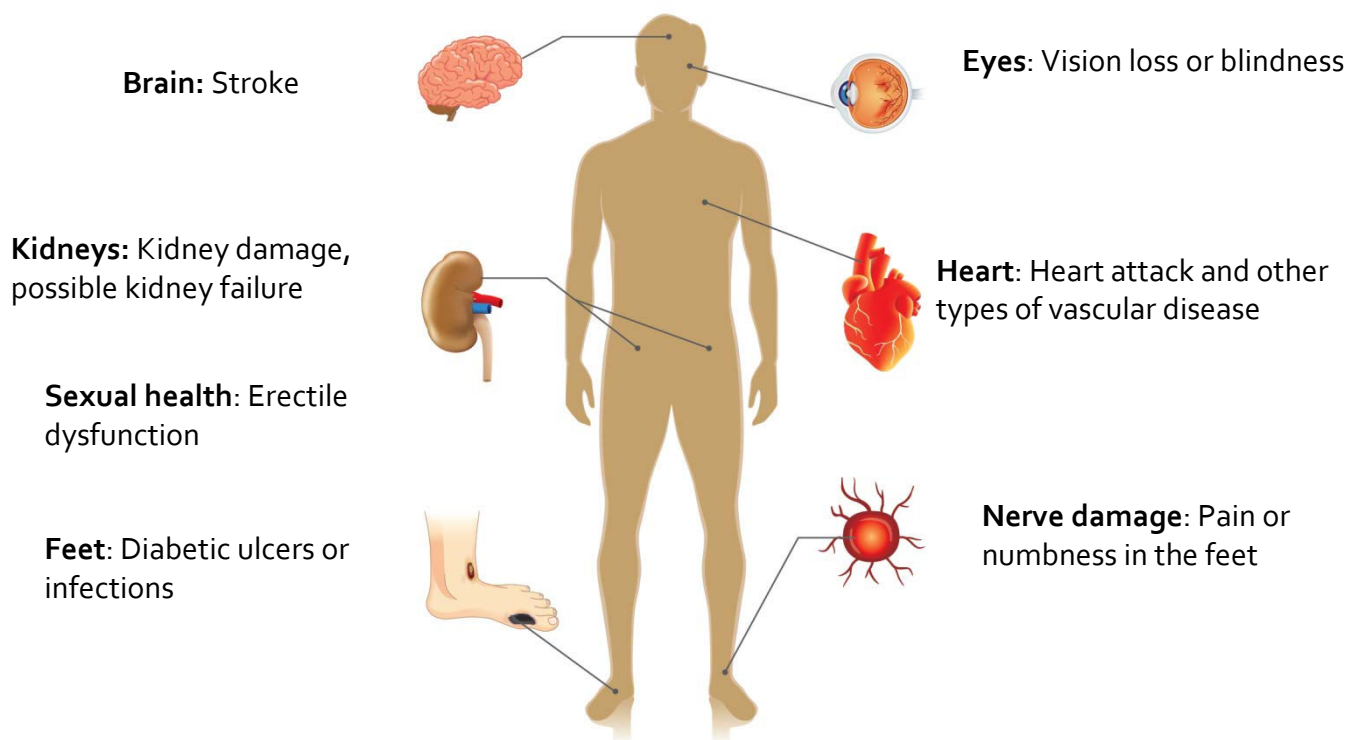


Preventing Complications

Complications do not happen to everyone. You and your diabetes care team can work together to make sure that you stay healthy and avoid diabetes related complications. Start by being **informed**.



What do I need to do?

Eyes	<ul style="list-style-type: none"> ✓ Visit your optometrist at least once/year for a comprehensive dilated eye exam
Feet & Nerves	<ul style="list-style-type: none"> ✓ Visit your chiropodist (foot doctor) at least once/year for a comprehensive foot exam ✓ Keep your feet clean and moisturized ✓ Check your feet every day for redness or broken skin
Heart & Brain	<ul style="list-style-type: none"> ✓ Keep your cholesterol and blood pressure numbers in target ✓ Take all of your heart protective medications as prescribed (including blood pressure and cholesterol pills)
Kidneys	<ul style="list-style-type: none"> ✓ Ask your doctor about the results of your kidney tests when you do regular lab tests
Sexual Health	<ul style="list-style-type: none"> ✓ Talk to your doctor about symptoms if you suspect a problem, various treatment options are available
For all Complications	<ul style="list-style-type: none"> ✓ Keep blood sugar in target ✓ Stay active and eat a balanced diet ✓ Do not smoke or drink alcohol excessively ✓ Manage your stress levels ✓ Set goals for yourself and take an active role in your diabetes care