

LMC

ABCDE'S of staying healthy with diabetes

Here's what you need to pay attention to in order to stay healthy with diabetes:

*For more information, you can start by talking to your:

A is for A1C This is a lab test that measures blood sugar control over 3 months. Aim for a result of 7% or less by keeping blood sugars between 4-7 mmol/L fasting and 5-10 mmol/L 2 hours after a meal.	Endocrinologist 
B is for blood pressure control This can be measured at home or at your doctor's office. Aim for a result of 130/80 or less.	Endocrinologist 
C is for cholesterol The 'bad' cholesterol is called LDL and is measured in the lab. Aim for a result of 2.0 or less.	Endocrinologist 
D is for drugs to protect your heart Diabetes increases your risk of coronary artery disease, heart attack and stroke. You may be recommended blood pressure and cholesterol medications to protect your heart.	Diabetes Educator Pharmacist 
E is for exercise and healthy eating Make time for regular physical activity. Follow a healthy eating plan.	Diabetes Educator (nurse or dietitian) 
S is for self-management You are the most important person when it comes to managing your diabetes. Set goals for yourself. Seek support when needed.	Diabetes Educator (nurse or dietitian) 
S is for screening Get checked annually for: • Eyes & Feet - See your eye doctor and foot doctor once a year. • Kidneys - A urine test called uACR measures the health of your kidneys. Aim for a result of less than 2.0.	Chiropodist & Optometrist 
S is for quitting smoking Make a plan today. Ask for help if needed. Speak to our Pharmacist about the Quit Smoking Program, including how to curb cravings and control nicotine withdrawal.	Diabetes Educator Pharmacist 

*Most of the care team can help with any of the above ABCDE's.

All preventative services are offered at LMC. Book your screening appointment or education workshop today!



Know Your Diabetes Care Team

Diabetes affects the entire body and is best managed with a team approach. It is important to understand what each team member's role is, and how they can support you in staying healthy.

Your **family doctor** is there to coordinate your care and ensure your overall wellbeing. They are your first point of contact about all health matters.

Your **endocrinologist** (specialist in diabetes) can help you understand the care options available and choose the right ones for you.

Your **optometrist/ophthalmologist** (eye doctor) can detect early signs of diabetes-related eye damage, and prevent or treat further problems.

Your **chiropodist** (foot specialist) helps make sure your feet stay healthy, and can prevent or treat foot related issues or complications.



Your **diabetes educator** is a nurse or dietitian who can help you develop the skills and confidence you need to better manage your blood sugars from day to day.

Your **diabetes educator pharmacist** (medication expert) is here to train you on how your medications work, how/when to take them and how to avoid side effects. They can also help simplify your medications and find ways to lower your costs.

Your **research team** provides you with information on up-and-coming diabetes therapies, and gives you the option to try them out by participating in research.

Other than family medicine, all these services are offered at LMC

YOU: you are the most important person on the care team.

It is your job to:

- Come prepared for your visits with your glucose meter, medications, completed blood tests, and your goals in mind
- Learn how to make daily diabetes decisions
- Take the time for preventative care and screenings for complications (eyes, feet, kidney, heart, medications)
- Get to know your diabetes team and stay connected



Book your screening appointments, assessments or education workshops today!