

Steps to staying healthy

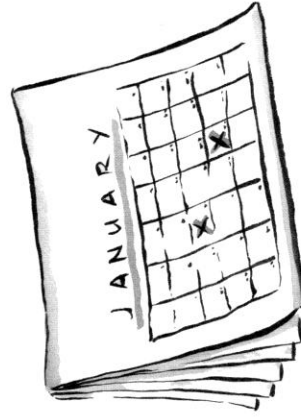
Step 1 Stop smoking

- ♦ Smoking is dangerous to your heart and your health!



Step 2 Have regular medical care

- ♦ Diabetes **can** be managed
- ♦ Early treatment of problems may help lower the risk of complications
- ♦ Keeping your blood pressure under the target level (130/80) and your blood sugars in the normal range (4-7 mmol/L before meals) is very important
- ♦ Have your doctor or health-care provider check you:
 - ✓ feet at least once a year
 - ✓ blood pressure every visit
 - ✓ kidneys every year
 - ✓ A1C every 3-6 months
 - ✓ cholesterol and other blood fat levels every 1-3 years

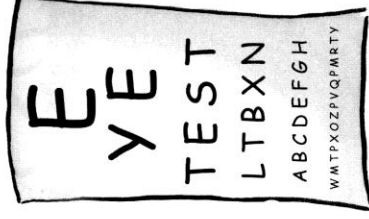


Notes

Step 3

Keep your eyes healthy

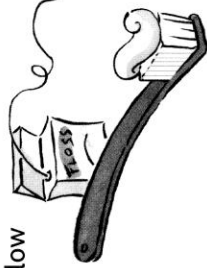
- ◆ Have your eyes checked by an eye specialist every year
 - for type 1, start within 5 years of diagnosis
 - for type 2, start at time of diagnosis
- ◆ Tell your doctor about any change in your vision



Step 4

Keep your teeth and gums healthy

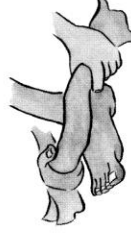
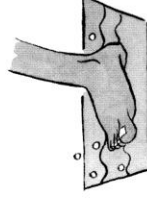
- ◆ Visit your dentist regularly and follow his or her advice
 - Floss daily
 - Brush frequently



Step 5

Keep your feet healthy

- ◆ Wash, dry and gently remove dry skin
 - Check water temperature to avoid burns
 - Check your feet daily and wash with warm, soapy water but do not soak your feet
 - Dry feet well, especially between toes
 - Apply cream to dry skin but not between toes



Notes

The Canadian Diabetes Association works in communities across the country to promote the health of Canadians and eliminate diabetes through our strong nationwide network of volunteers, employees, healthcare professionals, researchers, partners and supporters. In the struggle against this global epidemic, our expertise is recognized around the world. The Canadian Diabetes Association: setting the world standard.

diabetes.ca | 1-800-BANTING (226-8464)