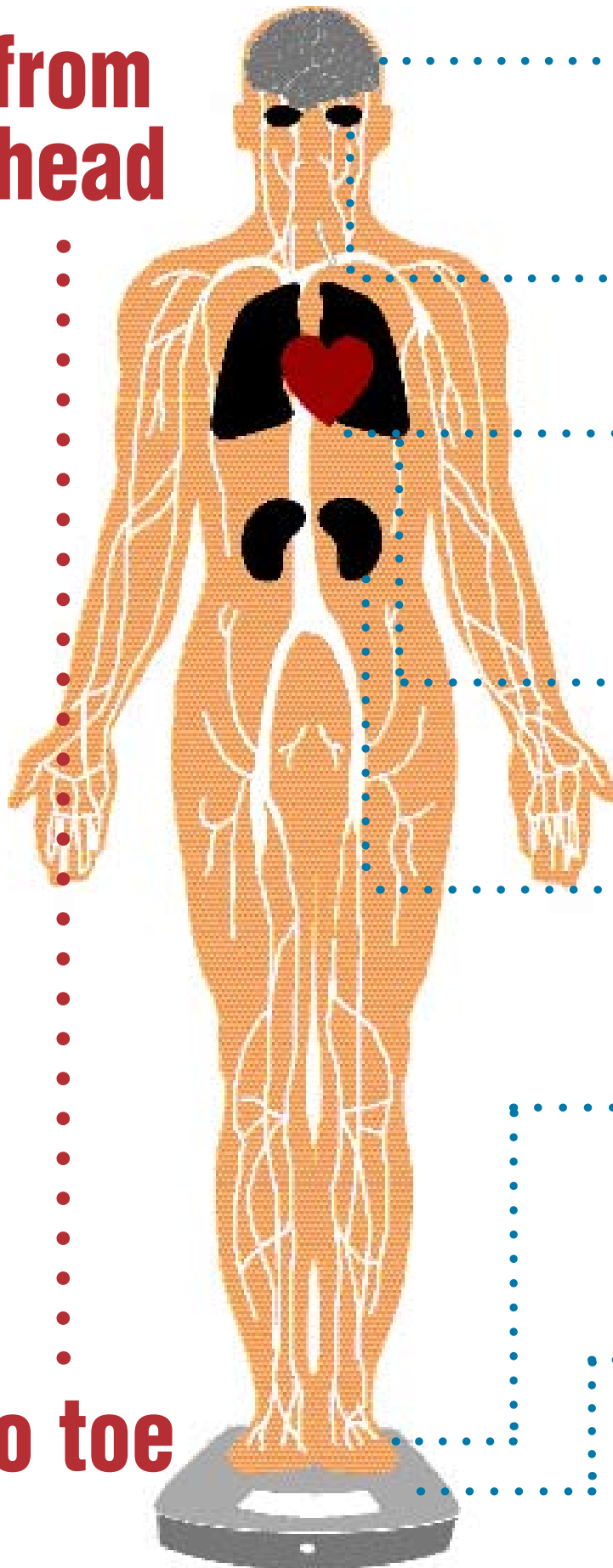


PREVENT DIABETES COMPLICATIONS

from
head



YOUR BRAIN Keeping your blood pressure below 130/80 can help reduce your risk for stroke. Talk with your doctor if you think you are depressed.

YOUR EYES Diabetes can cause blindness. Get a dilated retinal eye exam every year.

YOUR HEART Diabetes can cause heart disease. Have your cholesterol tested every year. Keep your LDL cholesterol under 100 and your Hemoglobin A1C under 7.1.

YOUR LUNGS If you smoke, STOP. Prevent pneumonia by getting the one time pneumonia shot. Get a flu shot every fall.

YOUR KIDNEYS Poor control of diabetes can lead to kidney damage and dialysis. It can be prevented by good blood pressure and diabetes control.

YOUR FEET Diabetes can cause loss of feeling in your feet which can result in sores and losing toes or a foot. Check your feet every day for signs of redness, warmth, swelling or calluses.

YOUR WEIGHT Follow your diet plan. Do some type of physical activity for 30 minutes on most days of the week. Men should keep their waist size under 40 inches; 35 inches for women.

to toe