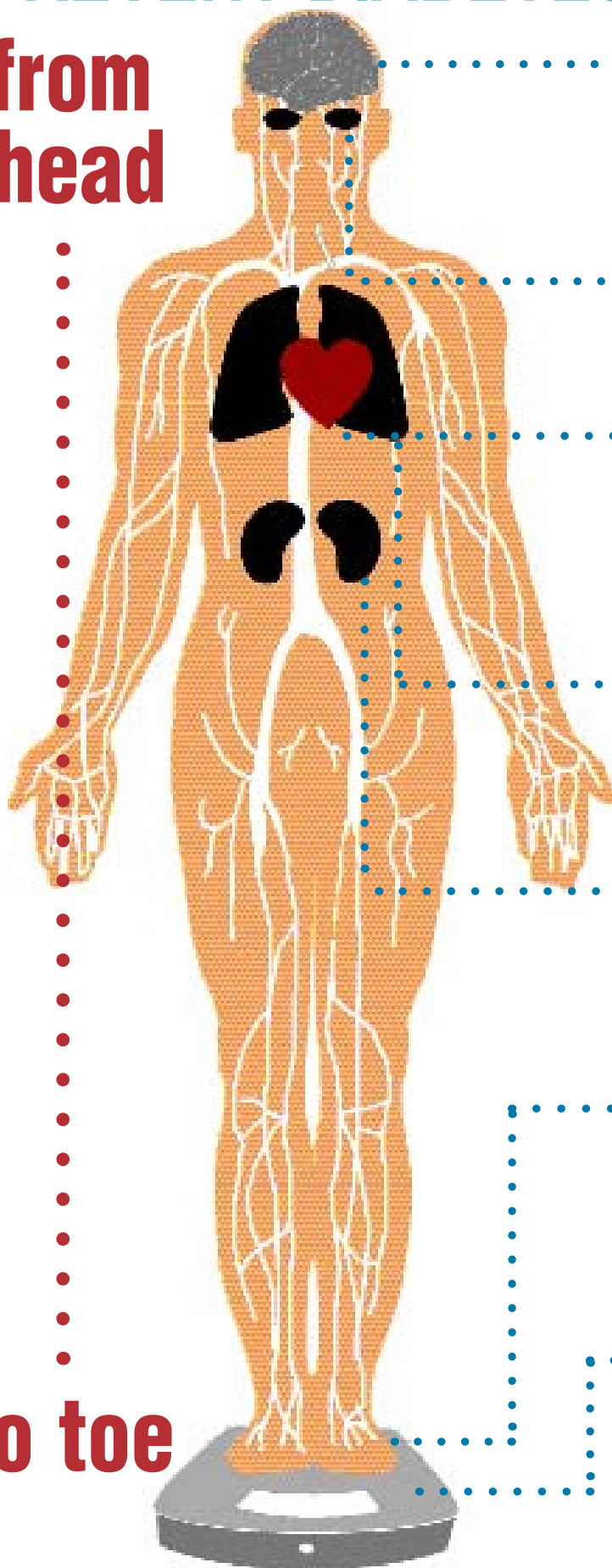


# PREVENT DIABETES COMPLICATIONS

**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**