



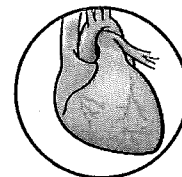
Prevent and Manage Complications— What Else Can I Do?

High blood sugar can harm your body in many ways. It is important to keep your blood sugar levels under control. You can do this with diet, exercise, and medicine. To see how well your treatment plan is working, your doctor will check your A1C levels at least twice a year.*

You can help prevent and manage complications by taking these steps:

① Heart Attack and Stroke

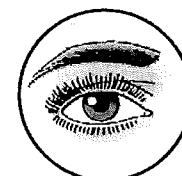
- Have your blood pressure checked at every doctor visit.
- Have your cholesterol checked yearly.



High blood sugar levels can harm your blood vessels and raise your blood pressure. This can lead to a heart attack or a stroke.

② Eye Problems

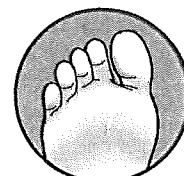
- Have a dilated† eye exam every year.
- Call your doctor right away if you notice any problems with your vision, like spots or blurriness.



High blood sugar can also harm the blood vessels in your eyes. This can lead to blindness.

③ Foot Problems and Amputations

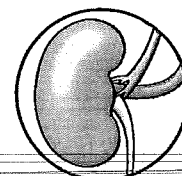
- Check your feet every day for cuts, sores, bumps, and/or red spots. Call your doctor if you notice any changes.
- Take off your shoes and socks at every doctor visit to have your feet checked.



High blood sugar can lead to nerve damage, like a loss of feeling in your feet. When this happens, a cut or sore can become infected badly before you know it. It may also take longer for it to heal.

④ Kidney Problems

- Your doctor should check your urine for small amounts of protein (microalbumin) at least once a year.



- Your doctor should also check your serum creatinine levels once a year. This helps your doctor know how well your kidneys remove waste (glomerular filtration rate, or GFR).

Your kidneys help remove wastes from your blood. Over time, high blood sugar can cause the kidneys to stop working the right way. When this happens, wastes build up in your body and good things (like protein) leak out. This can lead to kidney failure.

*The A1C test tells your average blood sugar level over the past 2 to 3 months.

†Your eye doctor needs to dilate your eyes with eyedrops. This helps your doctor see the blood vessels in the back of your eyes.

Taking care of your diabetes every day may help you prevent and manage health problems that diabetes can cause over time.