









# I have diabetes, diabetes does not have me!

## Take care of your diabetes! Know your numbers!

Test	What is It?	Goal	How Often	Date:	Date:	Date:	Date:
 A1C	The A1c test tells you your average blood sugar.	Less than 7%	Every 3 months				
 Blood Pressure	High blood pressure increases your risk for heart disease and stroke.	Less than 140/90	Every office visit				
 LDL (bad) Cholesterol	Bad cholesterol clogs the arteries that take blood to your heart and brain.	Less than 100 mg/dL	Once a year				
 Weight (BMI)	BMI or body mass index is a measure of your weight for your height.	Less than 25	Every office visit				

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 Kidneys	Microalbumin shows the amount of protein in your urine, a sign of early kidney disease.	Less than 30	Once a year				
 Dental Exam	Diabetes increases your risk for gum disease.	Have a dental exam	Every 6 months				
 Eye Exam	Diabetes increases your risk for eye problems.	Have an eye exam	Once a year				
 Foot Exam	Diabetes increases your risk for foot problems. Also, be sure to check your feet every day!	Have a foot exam	Once a year				