

## **Diabetes Self-Management Guidelines**

### Self-Management activities

- Check blood sugar levels: weekly, daily, twice a day, four times a day, and record them.
- Know your blood sugar goals. If you do not know them, ask your healthcare provider.
- Look at and check feet daily, use a mirror to see bottom if needed and look between your toes.
- Exercise daily – even if it is doing arm exercises in your chair.
- Take your medications as prescribed by your healthcare provider. If you are sick call the office and ask for instructions on what to do about your medications.
- Don't smoke.
- Don't drink more than one alcoholic beverage a day if you are female and two a day if you are male.
- Do not stop taking your medications including insulin and other injectables.
- Stay as close to your recommended food plan as possible.

My frequency of blood sugar checking is: \_\_\_\_\_

My blood sugar goals are: \_\_\_\_\_

### Current National Guideline recommendations for care

- See your healthcare provider every 3 months for follow up.
- Have your HgbA1c checked at least twice a year, more often if it is above 7%.
- Have your cholesterol levels check yearly.
- See an ophthalmologist for a dilated eye exam once a year.
- Keep regular dental appointments.
- Stay up to date on immunizations: Flu shots once a year, pneumonia shot after 65 or before 65 if lung problems, Tetanus every 10 years.
- See a podiatrist every 6 months if you have neuropathy or loss of feeling in your feet.

## **FOOT CHECKS**

- Inspect your feet daily for signs of red spots, black spots, blisters, warmth, open areas.
- Use a mirror to see bottom of feet if necessary or have someone else look at them.
- Do not soak your feet.
- Dry your feet thoroughly after bathing, especially between the toes.
- Wear good fitting footwear (shoes) them at all times, inside and outside. Check inside your shoes before putting them on to be sure there is nothing inside.
- Report any change in the skin or feet to your healthcare provider right away with a follow-up appointment.
- Rub lotion on your feet as needed to keep skin soft and prevent cracks in the skin.
- Protect your feet from hot and cold. Test water temperature before putting feet in them. Be careful outside on hot sidewalks or patios.
- If you trim your own toenails, trim them straight across as needed.