

Diabetes Self-Management Plan and Care Plan

I understand the following items will be beneficial to the treatment of my diabetes, have discussed this with my provider and I agree to implement the following plan of care.

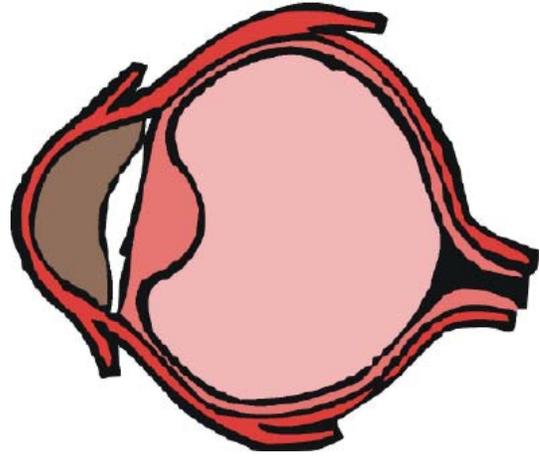
1. I will check and record blood sugar _____ times a day
2. I will try to maintain a HgbA1c < 7
3. I will try to maintain a Blood Pressure < 130/80
4. I will try to maintain a LDL <100
5. I will have a dilated eye exam once a year
6. I will get a yearly flu shot (unless you have a true allergy to it or eggs)
7. I will exercise 5 – 7 times per week for at least 20 – 30 minutes
8. I will check my feet daily for sores or ulcers. If you develop one consult your health care provider
9. I will consult my health care provider if my blood sugars worsen or are uncontrolled
10. I will call the Physician on call at **828.324.0258** before I visit the Emergency Department unless I have an actual emergency

www.cvmqonline.org also offers additional self-help resources under the Resources & Forms tab

Diabetic Eye Problems

Also called: Diabetic retinopathy

Do you know what causes the most blindness in U.S. adults? It is an eye problem caused by diabetes, called diabetic retinopathy.



Your retina is the light-sensitive tissue at the back of your eye. You need a healthy retina to see clearly.

Diabetic retinopathy happens when diabetes damages the tiny blood vessels inside your retina. You may not notice at first.

Symptoms can include

- Blurry or double vision
- Rings, flashing lights or blank spots
- Dark or floating spots
- Pain or pressure in one or both of your eyes
- Trouble seeing things out of the corners of your eyes

If you have diabetes, you should have a complete eye exam every year. Finding and treating problems early may save your vision. Treatment often includes laser treatment or surgery.

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Last reviewed 2012

Diabetic Nerve Problems

Also called: Diabetic neuropathy

If you have diabetes, your blood sugar levels are too high. Over time, this can damage the covering on your nerves or the blood vessels that bring oxygen to your nerves.

Damaged nerves may stop sending messages, or may send messages slowly or at the wrong times. This damage is called diabetic neuropathy. About half of people with diabetes get it.



Symptoms may include:

- Numbness in your hands, legs or feet
- Shooting pains, burning or tingling
- Nausea, vomiting, constipation or diarrhea
- Problems with sexual function
- Urinary problems
- Dizziness when you change positions quickly

Controlling your blood sugar can help prevent nerve problems, or keep them from getting worse. Treatment may include pain relief and other medicines.

Foot Care for People with Diabetes

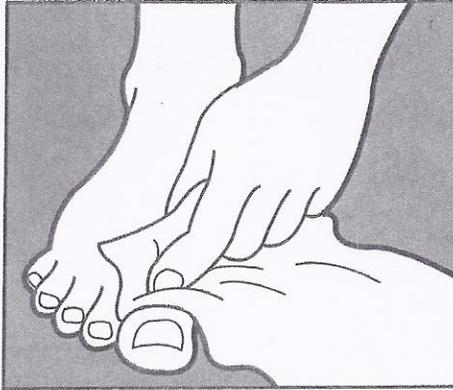
Novo Nordisk

DIABETES
Care

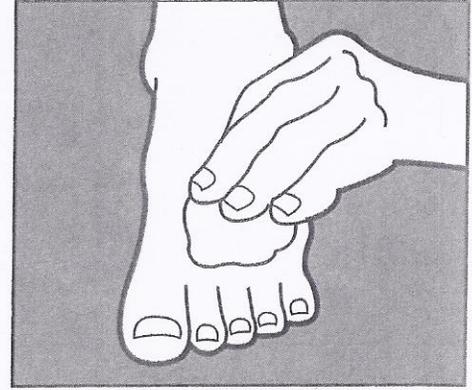
People with diabetes have to take special care of their feet.



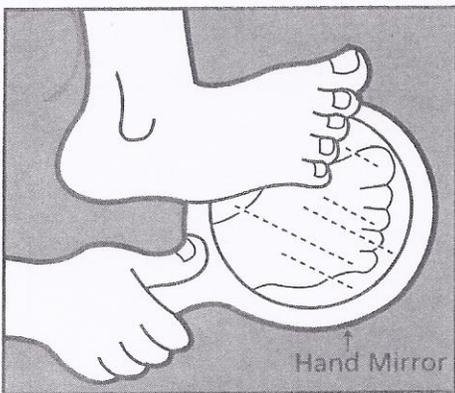
1 Wash your feet daily with lukewarm water and soap.



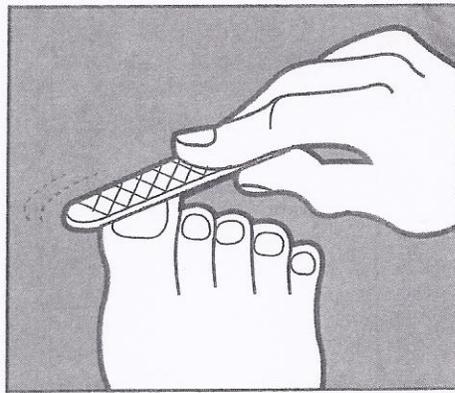
2 Dry your feet well, especially between the toes.



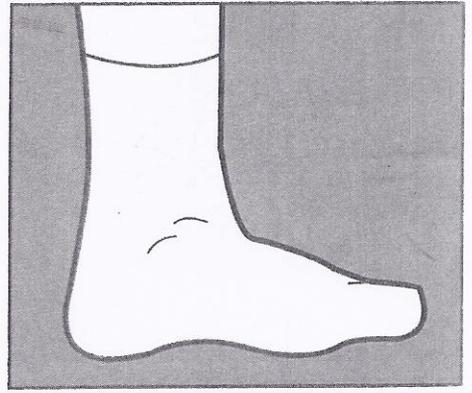
3 Keep the skin supple with a moisturizing lotion, but do not apply it between the toes.



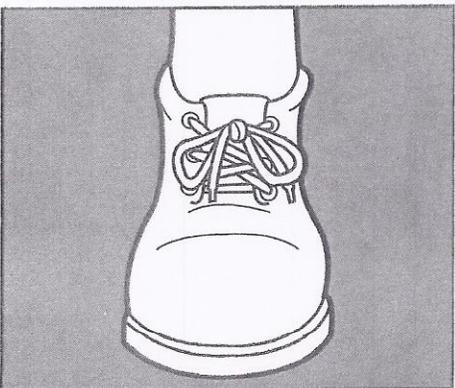
4 Check your feet for blisters, cuts or sores, redness or swelling. Tell your doctor right away if you find something wrong.



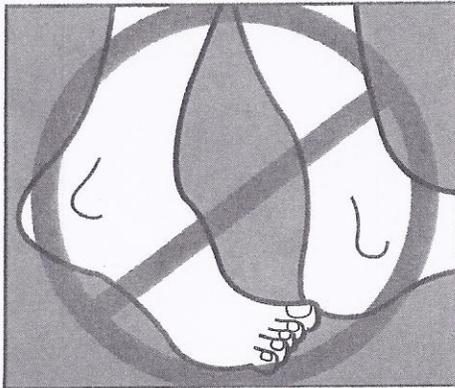
5 Use emery board gently to shape toenails even with ends of your toes. Do not use a pocketknife or razor blades.



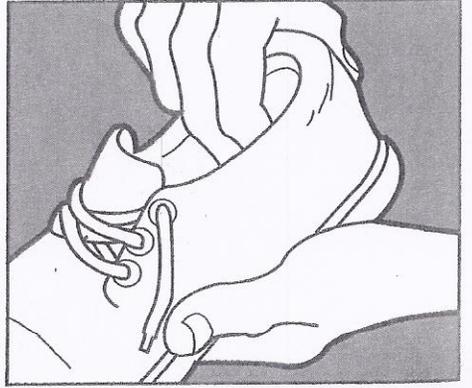
6 Change daily into clean, soft socks or stockings, not too big or too small.



7 Keep your feet warm and dry. Preferably wear special padded socks and always wear shoes that fit well.



8 Never walk barefoot indoors or outdoors.



9 Examine your shoes every day for cracks, pebbles, nails or anything that could hurt your feet.

**Take good care of your feet - and use them.
A brisk walk every day stimulates the circulation.**

WHAT'S MY A1C?

The A1C is a blood test you get at the doctor's office or health clinic. It shows:

- Your average blood sugar level for the last 3 months
- Your risk (chance) of having other health problems because of diabetes

Why do I need it?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

What is a good A1C number

7 or lower. You and your doctor or diabetes educator will decide the A1C number (goal) that is best for you.

**Be your BEST,
Get the TEST!**

