

# Taking Control of My Diabetes

## Keeping Track of What I Need to Know



### **Choose healthy foods and maintain a healthy weight:**

Losing just 7% of your body weight if you're overweight can make a significant difference in your blood sugar control. A healthy diet is one with plenty of fruits, vegetables, whole grains and legumes, with a limited amount of saturated fat.



### **Make physical activity part of your daily routine:**

Regular exercise can help those who have diabetes maintain better blood sugar control. Thirty minutes of moderate exercise, like brisk walking, on most days of the week is recommended.



**Mix it up:** A combination of exercises—aerobic exercises, such as walking or dancing on most days, combined with resistance training, such as weightlifting or yoga twice a week—often helps control blood sugar more effectively than does either type of exercise alone.

### **Set realistic goals as directed.**

By the time I see my doctor next, I will:

Exercise for at least 30 minutes once a week

Monitor and record my blood glucose daily

Take my medications daily

Quit smoking

Learn relaxation techniques

Get plenty of sleep

Learn more about the diabetes resources in my community

Join a diabetes support group

Write down any questions or concerns

**Vanderbilt Health**

Affiliated Network



What I Need to Track	What Is Safe	Date:		Date:	
		Safe Zone	Unsafe Zone	Safe Zone	Unsafe Zone
How much I weigh	Maintain a healthy weight or reduce as needed				
My blood pressure	Usually less than 130/80				
Whether I smoke	No smoking is safe				
<b>Labs:</b> My A1c (sugar level for 3 months)	Usually less than 7%				
<b>Medicines:</b> Am I on a cholesterol medication or statin to protect my heart	Take a statin medication				
How often I miss taking my medications	Always take your medications as directed				

Important Yearly Activities	Date Completed
Eye Check (to prevent blindness)	
Foot Check (to check for numbness or sores)	
Dental Exam every 6 months (to prevent serious infection or tooth loss)	
Urine Kidney Screen (to check for kidney damage)	
Flu Shot (in season)	
Urine Kidney Screen (to check for kidney damage)	
Pneumonia Shot (to prevent a special kind of pneumonia) <i>Recommended usually once before age 65, and once after 65</i>	
COVID-19 Shot <i>Check with your health care provider for recommendations</i>	