

Diabetes Game Plan

Following this plan helps prevent heart attacks, stroke, blindness, kidney failure and nerve pain. Be honest with us about your struggles. We want to help you each step of the way.

Dietary Tips

- Limit portions. Eat at least 3 small meals a day.
- Limit carbohydrates (sugars). Aim to eat between 45-60grams of carbohydrates each meal
- Limit salt, fats, and alcohol

Exercise & Physical Activity Tips

- Walk or bike instead of driving as much as possible. Park in the back of the parking lots.
- Build up to focused physical activity/exercise at least 3 times a week at 20 minutes per session

Doctor's appointments

- See your primary care provider for check-ups **every three months**
- Visit the eye doctor **once a year**
- See the clinical pharmacist or dietician at diagnosis and as needed

Blood sugar goals

- Fasting (no food for the past eight hours) blood sugar between **70 and 130**
- Blood sugar two hours after eating under **180**
- Avoid low blood sugar under **70**

Other goals

- If you smoke, quitting is the best thing you can do for your health. Ask us for help quitting.
- Hemoglobin A1C (diabetes control in the last three months) under **7.0 (good)** or under 6.5 (best)
- LDL cholesterol ("bad cholesterol") under **100 (good)** or under 70 (best)
- HDL cholesterol ("good cholesterol") over **40 in men, over 45 in women**
- Blood pressure under **130/80**
- BMI (measurement of body fat based on height and weight) under **25**
 - Height _____
 - Goal weight _____

Foot care

- **Check your feet every night** for changes such as dry or cracked skin, blisters, cuts, sores, ingrown toenails, areas of tenderness, redness, warmth, etc.
- Make sure your doctor checks them at least twice a year

Diabetes Report Card

Date	GOALS																		
Hemoglobin A1C	Under 7.0																		
LDL cholesterol	Under 100																		
HDL cholesterol	Over 40 (men), Over 45 (women)																		
Blood pressure	Under 130/80																		
Weight	Under																		
BMI	Under 25																		

Other Instructions

Medications

Medication, Dosing	Indication	Medication, Dosing	Indication
Insulin Dosing Instructions			