

# MINDFUL DIABETES MONITORING 101

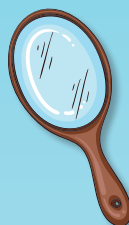
Diabetes can come with a host of complications, from nerve damage to eye problems to increased risk for heart disease and stroke. Keep your diabetes under control with these strategies:



1

## Track your blood sugar levels.

- Use a blood glucose meter to measure sugar levels.
- Make it a habit.
- Aim to keep your numbers in the target range.
- Record any reactions to food, exercise, and medicine.



2

## Look after your feet.

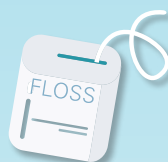
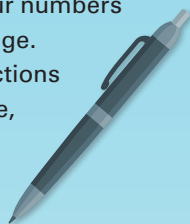
- Check feet every day—a mirror helps to see the bottom!
- Watch for cuts, calluses, swelling, hot spots, or dry skin.
- Wash feet with warm water and dry afterward.
- Moisturize with lotion, but don't apply between the toes.



3

## Tend to your teeth.

- Visit your dentist regularly to check for cavities and gum disease.
- Brush with a fluoride toothpaste at least twice a day and floss at least once a day.



4

## Stop smoking, if you do.

Smoking with diabetes can raise your risk for:

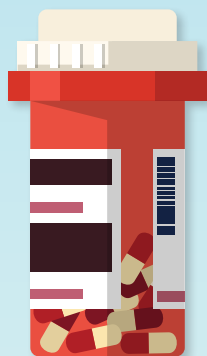
- Heart disease
- Kidney disease
- Eye disease
- Gum disease
- Nerve damage in the arms and legs
- Poor blood flow to the feet and legs



5

## Take your meds.

- Follow your health care provider's directions for using medications.
- You may receive prescriptions to treat blood sugar, cholesterol, or blood pressure. Be sure to understand when and how to take each one.



## Trust Your Gut

Don't delay contacting your provider if you notice something doesn't feel quite right. Early treatment can greatly reduce the chance for serious complications.

