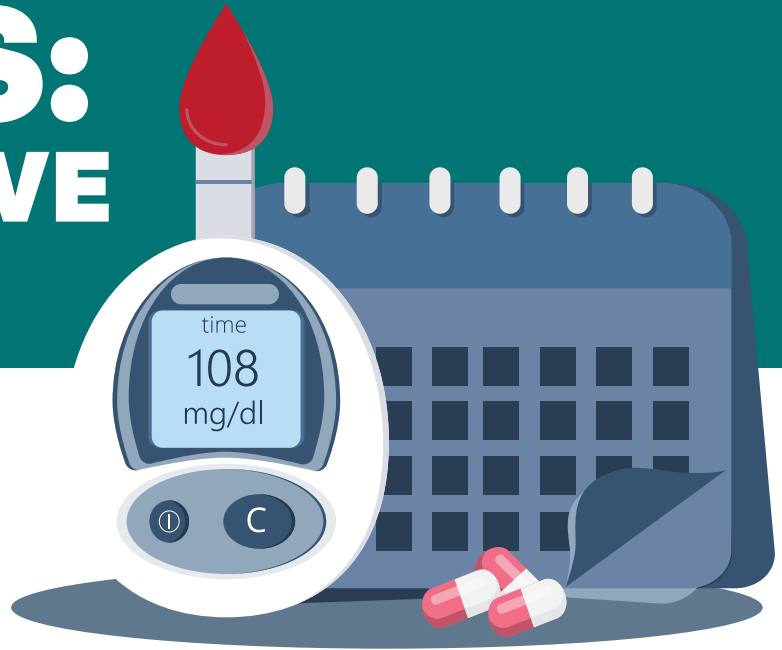


# DIABETES: COMPREHENSIVE CARE

Diabetes is a condition characterized by increased levels of glucose (sugar) in the blood. This is because the body produces little or no insulin, or the cells cannot use the insulin properly. Over time, if you don't keep your sugar levels as controlled as possible, you can develop complications in certain parts of the body.



## Some steps that may help you maintain good health include:

### 1. Complete your A1C

- Known as a glycated hemoglobin (A1c or HbA1c) test, this measures your blood glucose levels for the past three months.
- The test is done in a laboratory.
- The test lets your doctor know if your glucose levels are under control and your treatment is working.

### 2. Get an annual eye exam

- A specialized annual exam is one in which the back of your eyes can be looked at.
- It is performed by an optometrist or ophthalmologist.
- Uncontrolled diabetes can increase the risk of eye conditions that affect blood vessels in the retina or the optic nerve. This is known as diabetic retinopathy.

### 3. Check your kidneys

- Undergo a urine test for protein each year and blood tests to check your kidney function.
- The kidneys clean the blood, and uncontrolled diabetes can damage their function over time. If they are not functioning optimally, waste and fluids remain in the body. An early detection and treatment can slow or prevent the progression of a kidney disease.
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#### 4. Other steps you can take

- Maintain a healthy lifestyle that includes healthy eating and exercise.
- Control your blood pressure and cholesterol.
- Quit smoking or don't start.
- Check your feet every day and take good care of your nails.
- Visit your Doctor at least once a year for your annual evaluation. You will be able to discuss: your plan of care, your preventive tests, and pending vaccines. It is important to follow up to detect problems early and prevent health conditions developing, and to have a better quality of life.

**For more information, contact:**

**1-844-212-9858**  
(toll-free)

**711 MMM TTY**  
(hearing-impaired)

**Monday thru Friday from 8:00 a.m. to 8:00 p.m.**

#### References

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