



Live healthy while living with diabetes.

Maintaining your diabetes is just part of a healthy lifestyle. **fred's Pharmacy** wants to help you with your overall health. Living healthy in every area of your life will help you with your diabetes.

- 1) Exercise regularly: at least 30 minutes a day, 4-5 days a week. Can't complete 30 minutes from the start, don't worry. Begin slowly and work your way up to 30 minutes.
- 2) Eat healthy: talk with your doctor or dietician to help you with a meal plan consisting of healthy foods you like to eat.
- 3) Take your diabetes medicine as directed.
- 4) Try to lose weight: Work with your doctor to set a weight goal that's right for you.
- 5) Check and log your blood sugar regularly.
- 6) Get a kidney test annually: Too much sugar in your system will overwork your kidneys, which can ultimately lead to kidney failure.
- 7) Get an eye exam annually.
- 8) Visit the dentist every 6 months.
- 9) Get a flu shot every year.
- 10) Drink 8 cups of water every day.

Let us Help

Don't be afraid to ask for guidance. Your friendly **fred's** Pharmacist is here to help. We'll answer all your questions and concerns. And we'll help champion you to live a healthier lifestyle.



Living with Diabetes?

Let us help.

***fred's
Pharmacy***

Controlling your overall health helps you manage your diabetes.

Paying close attention to your overall well-being and living a healthier lifestyle can lower your chances of suffering through diabetic problems. Follow these steps improve your health, and also minimize your risk of heart disease and stroke.

- 1) **A1C:** Get it checked 2 to 4 times every year.
A1C is a blood test that tells you your average blood sugar level over the past three months. An A1C of less than 7 is ideal.
Date tested:
Current A1C:
My A1C goal for my next visit:
- 2) **Blood Pressure:** Check it every time you visit **fred's Pharmacy**.
A blood pressure reading of 130/80 is ideal.
My current BP is:
My BP goal for my next visit:
- 3) **Cholesterol:** You should have your cholesterol checked every year.
There are two types of cholesterol, Good and Bad. For women, your good cholesterol (HDL cholesterol) should be above 50; for men, it should be more than 40. Your bad cholesterol (LDL) should be lower than 100 – that's for both men and women. Overall, your total cholesterol should be less that 200.

Cholesterol test date: _____

Current Cholesterol: _____

Total: _____

LDL: _____

HDL: _____

My goal: _____

Total: _____

LDL: _____

HDL: _____



- 4) **Stop Smoking:** The benefits of quitting now can improve your life immediately.
 - Your heart rate and blood pressure will begin to return to normal.
 - Within a few hours, the level of carbon monoxide in the blood begins to decline.
 - Within a few weeks, people who quit smoking have improved circulation.
 - People who quit smoking will have an improved sense of smell, and food will taste better.



My Diabetes Scorecard



At **fred's Pharmacy** we understand that paying close attention to your body and diet goes a long way to living healthy with diabetes. Keeping record of important information is one way to reach your ongoing goals. So we devised this scorecard that you can keep handy to help you control your diabetes.

TESTS	ADA Goal	My Goal	Date of Visits
Hemoglobin A1C (every 3-6 months)	Below 7%		
Blood Pressure (weekly)	130/80		
Cholesterol: (yearly) Total	LDL Below 100 HDL > 40 (male)		
Triglycerides (yearly)	Below 150		
Foot Exam (weekly)			
Urine Test For Protein (yearly)			
Blood Test/ Kidney Function (GFR)			
Dilated Eye Exam (yearly)			
Dental Exam (every 6 months)			
Flu Shot (yearly)			
Weight			

Tear-away (perforated) to keep in wallet or purse

Tear off this card and keep it in your wallet or purse in case of emergency.

I HAVE DIABETES

When I have Low Blood Sugar (severe hypoglycemia) I may act as if intoxicated, with: staggering and poor coordination, slurred speech, irritable personality, bizarre behavior, excessive sweating, confusion, unconsciousness and seizures.

If I am acting this way, I need to eat or drink something with sugar:

- a half can of full-sugar soda
- ½ cup of regular fruit juice
- 3-4 glucose tablets

If I am unconscious, or cannot swallow on my own, do not give me anything by the mouth. Call 911 and stay with me.

When I have High Blood Sugar (severe hyperglycemia) I may act as if intoxicated with: drowsiness, confusion, extreme thirst, very frequent urination, flushed skin, nausea, blurred vision, vomiting and a fruity breath odor.

If I am acting this way, I may need:

- to test my blood glucose level
- to drink water
- immediate access to a bathroom
- to take my insulin



If untreated, hyperglycemia can lead to coma and death.

Fold Line

Emergency Contact: _____
 Phone Number: _____
 Medication: _____
 Allergies: _____