

“Your Diabetes” 2010

A Publication of Doctors Direct Healthcare, Inc.

SPECIAL POINTS OF INTEREST:

- **Know Your A1c**
- **Make a Plan for Reducing Sugars**
- **Test Often and Write It Down**
- **Get Moving and Eat Better**



POINTS TO REMEMBER!

1. A1C TWICE A YEAR
2. LIPID PANEL TWICE A YEAR
3. BLOOD PRESSURE CHECKS AT EACH VISIT
4. ANNUAL EYE EXAM
5. DAILY BLOOD SUGAR CHECKS ACCORDING TO YOUR CARE PLAN
6. DAILY FOOT CHECKS
7. KIDNEY FUNCTION TESTING
8. QUIT SMOKING! ASK YOUR DR FOR ASSISTANCE

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WHAT IS CONTROL ANYWAY?

HOW DO WE DEFINE CONTROLLED DIABETES?

Whenever you read an article, a newsletter, or talk to any healthcare provider, you always hear them say, “You want to work towards keeping your diabetes under control” or what I always say, “I want you to be in control of diabetes, not it controlling you!” But what is control? How do we define control?

Controlled diabetes is defined by these measurements:

1. Hemoglobin A1c below 7
2. Blood sugars that do not surge to highs or plummet to lows
3. Reduced or prevented complications such as neuropathies, eye damage, kidney problems or foot ulcers
4. Total Cholesterol below 200
5. Blood Pressure below 130/80
6. **Go to our website, www.doctorsdirecthealthcare.net, click on the secure site, use your username and password and Join our Sparkteam, once on Spark you can enroll in the Diabetes Management Program.**

WHAT IS A HEMOGLOBIN A1C ?

This blood test shows the average amount of glucose in your blood during the past 2 to 3 months. Have this test done at least twice a year. If your A1C result is not on target, your healthcare provider may do this test more often to see if your result is improving as your treatment changes. Your A1C result plus your blood glucose meter results can show whether your blood glucose is under control.

If your A1c is 6% your estimated average blood sugar is 135, for 7% it is 170, for 8% it is 205, 9% it is 240, 10% it is 275, 11% is 310, 12% is 345. As you can see even an A1c of 7% means pretty high blood sugars.

Do you know your A1c? Do you have a target A1c? If you don't, then it is time to talk to your doctor!

Once you have a target A1c, the next step is things you can do to reduce your blood sugars . Call us and lets talk about ways to take control!

Keep track of your blood sugars, it is really important to note when you tested, if you had eaten or not and what the number was.

Keeping You Healthy is our Number One Priority!

Lowering Your Blood

Sugars 101

You must track your sugars! Keep a log and be consistent! Learning when and why you have highs is vital.

Talk with your doctor about your target range and what is an alert number to call the office and what is within your zone to manage. Knowing these numbers allows you to create a plan.

Here are some simple strategies to reduce your blood sugars. Remember to aim for balance, both in your life and in your numbers.

1. Move more! Being active increases your sensitivity to insulin and reduces blood sugars. 30 minutes per day
2. Get more fiber in your diet. Whole grains allow you to stay fuller longer, keep sugar stable and lower cholesterol.
3. Reduce the salt in your diet so your blood pressure goes down.
4. Take any medications as prescribed.
5. Stop smoking
6. Check your blood sugar daily and write it down!
7. Check your feet for ulcers daily

Questions? Please call us at 1-877-503-0388 opt 1, ask for Debbie, Kim, Carol, or Stacie.