

## GOALS FOR DIABETES MANAGEMENT

### EDUCATION

Diabetes is a complex condition that affects many different aspects of your life. You should learn about goals for diabetes management (as reviewed here), how to monitor your blood sugar, and what to do in special circumstances – such as if you have a low blood sugar or are sick. If you would like more teaching, please ask your doctor what programs are available. Please see our website for links you may find helpful, available at

[www.boulderendo.com/education/diabetes.htm](http://www.boulderendo.com/education/diabetes.htm)

### HEALTHY EATING HABITS AND WEIGHT MANAGEMENT

Maintaining a healthy weight will help to control blood sugar, blood pressure, and cholesterol, and will help you feel better. If you are overweight, losing as little as 5 to 10 pounds can have significant benefits for each of these factors. Please ask to see our dietician if you would like more detailed instruction regarding diabetes nutrition.

### EXERCISE

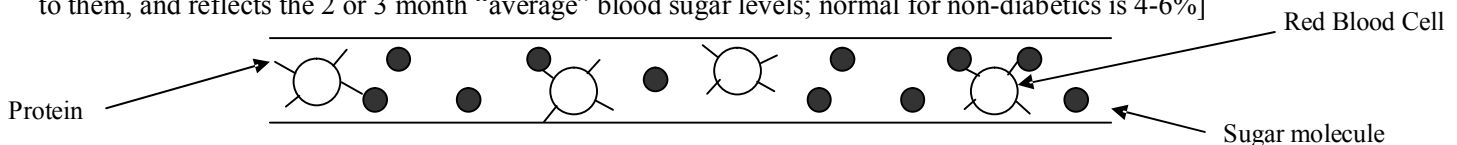
Regular aerobic exercise can reduce blood sugar, blood pressure, and cholesterol. Ideally you will obtain at least 30 minutes of exercise on most days of the week (in one session or in multiple smaller sessions). You may wish to discuss with your doctor whether you need any additional testing, like a treadmill test, before beginning an exercise program.

### BLOOD SUGAR TARGETS

	<u>ADA</u>	<u>AACE</u>
Before meals	90-130*	below 110
1-2 hours after meals	below 180*	below 140
A1c	below 7%*	below 6.5%

\*ADA states lower targets for blood sugar are appropriate for most people, if reaching these targets can be done safely

[The A1c measures what percentage of protein on your red blood cells have a sugar molecule stuck to them, and reflects the 2 or 3 month “average” blood sugar levels; normal for non-diabetics is 4-6%]



### BLOOD PRESSURE GOALS

The goal is less than 130/80 for blood pressure in the doctor’s office, and less than 125/75 for home blood pressure. There is evidence that diabetics may benefit from types of blood pressure pills called “ACE-inhibitors” or “angiotensin-receptor blockers (ARB’s)” to prevent heart disease even if the blood pressure is normal. You may wish to ask if you would benefit from an “ACE-inhibitor” or “ARB.”

### CHOLESTEROL GOALS

LDL (bad cholesterol) – less than 100 mg/dl, or less than 70 mg/dl in those at high risk for cardiac events

HDL (good cholesterol) – more than 40 mg/dl

Triglycerides – less than 150 mg/dl

There is evidence that most diabetics benefit from a type of cholesterol pill called a “statin” to prevent heart disease, even if the cholesterol is normal or even low initially. You may wish to ask if you should be taking a “statin.”

### KIDNEY TESTING

Testing for small amounts of protein in the urine, called microalbumin, and testing the kidney function (blood test called creatinine) should be performed yearly.

### EYE CARE

Yearly dilated eye exams by an ophthalmologist are required so that potential eye problems can be treated *before* they cause vision loss. For our records, please ask your eye doctor to forward information regarding the results of your exam.

### FOOT CARE

Good foot hygiene and shoes and socks that fit well are important. It is helpful to get in the habit of examining your feet daily, looking for any breaks in the skin or sore spots that you did not feel develop. People with poor sensation or blood flow, abnormally shaped feet, or previous foot problems like ulcers or amputations should see a foot care specialist.

### NO TOBACCO

If you are a smoker, quitting smoking is probably the single best thing you could do to prevent diabetic complications from developing or worsening. Ask your doctor what products and services are available to help you quit.

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### ASPIRIN

If you are age 40 or older (or if you are younger than 40 but have high blood pressure or high cholesterol, are a cigarette smoker, or have a family history of early heart problems), you should take aspirin daily to minimize your risk of heart disease. Effective doses are one-half to one full-strength tablet (325 mg) daily, or one baby aspirin (81 mg) daily. If you have stomach problems or bleeding problems, talk with your doctor before starting aspirin.

### VACCINATIONS

It is recommended to have a flu vaccination yearly (usually around November). The pneumonia vaccine should be provided to all people with diabetes once (with re-vaccination recommended after turning 65 *and* at least 6 years after the 1<sup>st</sup> vaccination).

### PREGNANCY PLANNING

Most women with diabetes can have a healthy pregnancy with a healthy baby. Because high blood sugar levels can adversely affect organ formation in early pregnancy, all pregnancies in diabetic women should be planned. Excellent blood sugar control should be achieved *prior to* becoming pregnant. Women not planning pregnancy should use appropriate contraception. Certain medicines (like ACE inhibitors and statin medications) are not recommended during pregnancy and should be stopped prior to attempting to become pregnant. If you are planning pregnancy, please discuss with your doctor what steps you should take to make sure you have the best chance for a healthy pregnancy and healthy baby.