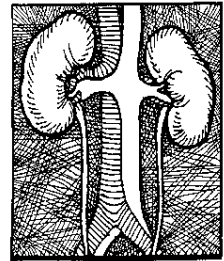
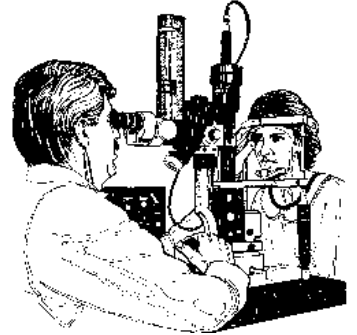


# How to Prevent Complications

Certain diseases may develop after having diabetes for a few years. These may include:

Heart Disease  
Eye Disease (retinopathy)  
Kidney Disease (nephropathy)  
Nerve Disease (neuropathy)

You can lower your risk of developing these complications. Work to maintain a healthy lifestyle to lessen your chances of developing any complications. How you take care of your diabetes day after day affects your health over the years.



## What should I do to prevent complications?

- \* Keep blood sugar in your goal range
- \* See your doctor regularly to have the tests you need to check how diabetes is affecting your body



## Things to do at each visit with your doctor

- Go over your blood sugar records
- Get a hemoglobin A1c test every 3 - 6 months
- Get your weight checked
- Get your blood pressure checked
- Get your feet checked at least 4 times a year



## Things to do at least once a year

- Get a flu shot (Oct-Nov)
- Get a pneumonia shot (once)
- Get a dilated eye exam
- Get a foot exam
- Get a kidney test (for albumin, creatinine)
- Get your blood fats checked (total cholesterol, HDL, LDL, and triglycerides)
- Get a dental exam (at least 2 times a year)



Compiled by: Andi Ridgway, MS, RD, LD, CDE  
Diabetes Control Program  
Arkansas Department of Health