

# Success Is POSSIBLE

## Start Here.

**Success with diabetes is possible, but it's up to you to take charge of your condition.**

Start here with our easy-to-follow CHECKLIST FOR YOU.  
Put yourself on the pathway to a healthier tomorrow!

**Here are the self-care steps recommended by the American Diabetes Association (ADA).**

Here are some of the things you should do for yourself that will help you achieve success with diabetes, especially when done along with A CHECKLIST FOR YOUR DOCTOR VISITS (see reverse).

## A Checklist For You

### ✓ I WILL...

- Make healthy food choices daily
- Check my blood sugar regularly
- Take my medicine as prescribed by my doctor
- Record my test results to help track my progress
- Check my feet every day
- Ask my doctor for a meal and exercise plan
- Follow my meal and exercise plan
- Consider attending a diabetes self-management education program
- Quit smoking

**Learn More About Taking Charge of Your Diabetes**

For more information, please visit [www.diabetesfootprints.org](http://www.diabetesfootprints.org)

## ASK

what your  
doctor should be  
doing for you

## LEARN

what you  
should be doing  
for yourself

## ACT

now to  
take charge of  
your diabetes

**...YOU CAN DO IT!**



**DEARBORN  
COUNTY HOSPITAL**

812-537-1010 or 800-676-5572

The following chart lists the medical tests and exams that should be part of your regular office visits.

It includes why each test is given, what the test result should be and how often the test is typically needed. Use this checklist as a tool to better communicate with your doctor and to make sure you are receiving ADA-recommended care for your diabetes.

## A Checklist For Your Doctor Visits

✓ Medical Test/ Examination	Why The Test Is Given	What The Test Result Should Be (ADA-Recommended Goal)	How Often The Test Is Typically Needed	YOUR TEST RESULTS	
				Date	Results/Notes
<input type="checkbox"/> <b>A1C</b>	Measures the average of all blood sugars over 2-3 months to evaluate how well your diabetes treatment plan is working	Below 7	Every 3–6 months		
<input type="checkbox"/> <b>Blood Pressure</b>	Determines if medication is needed to control blood pressure and reduce risks of high blood pressure to the heart, eyes, kidneys and nerves	Less than 130/80mmHg	Every doctor visit		
<input type="checkbox"/> <b>Cholesterol Control (LDL-Bad Cholesterol)</b>	Determines if medication is needed to lower cholesterol and reduce the risk of heart attack and stroke	LDL is less than 100 mg/dL	Once a year		
<input type="checkbox"/> <b>Kidney Function Test (Urine Test)</b>	Determines if medication is needed to prevent kidney damage or kidney failure that could lead to dialysis (treatment that replaces kidney function)	Less than 30 mg/24 hours	Once a year		
<input type="checkbox"/> <b>Referral for a Comprehensive Dilated Eye Exam</b>	Determines if there is diabetes-related damage to the eyes	Normal eye exam with no evidence of diabetic retinopathy	Once a year		
<input type="checkbox"/> <b>Foot Exam</b>	Identifies high-risk foot conditions and determines if loss of feeling exists in the feet that may lead to injury or infection	Normal protective sensation or feeling	Every doctor visit		
<input type="checkbox"/> <b>Smoking Status and Stop Smoking Advice</b>	Because smoking increases the rate at which complications from diabetes will occur	Stop smoking	Review at every doctor visit		

As new treatments and research become available, best-practice guidelines may change. That's why it's important for you to know the current best practices and medical standards to most effectively treat your diabetes — and ask your doctor about them — to be sure that you get the right care at the right time.

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