

Taking Control of Your Diabetes

	Goal	My Numbers	At goal?
Blood Pressure	< 140/90		
BMI	< 30 10% drop		
A1c	< 6.5 < 7.0 < 8.0		
TG	< 150		
LDL	< 70		
Exercise	150 min/wk		
Vaccines	Flu Pneumonia		
Foot exam			
Eye exam			

What are you worried about?

What are you afraid of when it comes to your diabetes?

Goals

1.

2.

Step 1: Keep a food log

Step 2: Walk at least 10 minutes a day and gradually increase

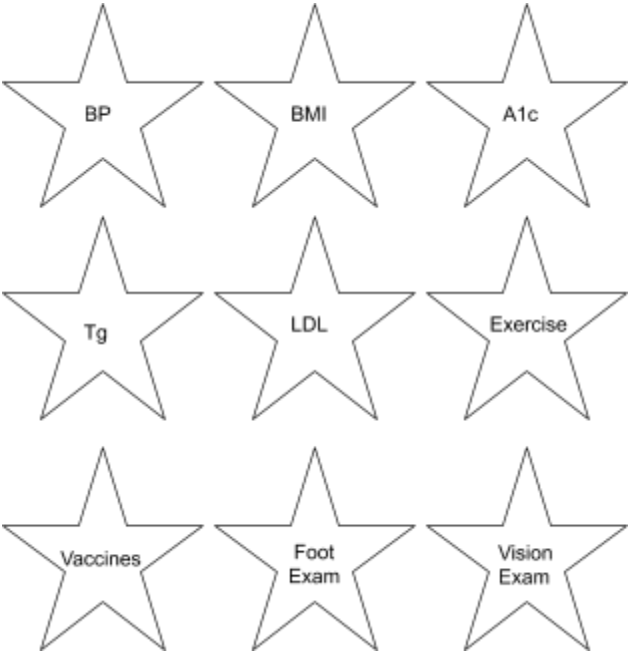
Step 3: Know what your numbers are

Step 4: Control your sugars

Step 5: Control your Cholesterol

Step 6: Control your Blood pressure

Step 7: Prevent heart attack and stroke



Taking Control of Your Diabetes

Step 1: Start a food diary

The first step is to write down everything you are eating and drinking in a detailed food log. Diet is very important in controlling your diabetes. A food log will help us know where the problems are. Working with a dietician will help you set goals and fix the problems with the diet.

Together we will create a nutrition plan that you can keep long term.

Step 2: Start being active for 10 minutes a day

Start moving! It does not have to be running or jogging or spending hours at the gym. You can bike, row, dance...anything that you enjoy!

We will help you come up with an exercise plan so you can start getting active. Exercising up to 150 minutes a week is crucial in controlling your diabetes.

Step 3: Know what your numbers are

When it comes to diabetes, it is important to know what your numbers are, and why each one of them is important.

A1c is the 3 month average of your blood sugars.

LDL is your bad cholesterol.

TG is your triglycerides

BMI is your body mass index.

Step 4: Control your sugars

We can help you control your sugars with the right medications. There are so many medications out there and not all are appropriate for everyone.

Together we will set an A1c goal and create a treatment plan that will help achieve that goal.

Step 5: Control your Cholesterol

Together we will review all the cholesterol values and what the goals are. This includes the LDL, triglycerides, total cholesterol, and HDL.

One way to start is to avoid fried foods and keep active!

Step 6: Control your Blood pressure

Start checking your blood pressure at home several times a month or more frequently if it is not at goal. We will go over different ways to get it, whether through your diet or by medications. Start by watching your salt intake!

Step 7: Prevent heart attacks and strokes

Most people with diabetes will die from heart attacks and strokes. This is our main objective 10-20 years down the road. We want to make the right changes now in order to avoid these complications later.

Endocrine and Psychiatry Center

Cypress

9539 Huffmeister Rd Houston, TX 77095

832-593-8100

Katy

21308 Provincial Blvd Katy TX 77450

281-206-8201

Sugar Land

1441 Hwy 6 Suite 100 Sugar Land TX 77479

832-593-8100