

# Manage Your Diabetes

## Foot Care

- Bathe daily with warm, not hot, water.
- You may trim calluses with a pumice stone, but do not use any commercial corn removers or harsh soaks, such as Epsom salt or betadine.
- Inspect your feet twice daily—when putting on shoes and taking off shoes. Report any skin breaks to your healthcare provider immediately. Use a handheld mirror to see the bottoms of your feet, or ask someone else to inspect them.
- Moisturize daily—but not between your toes.
- Trim your toenails straight across, and use an emery board to smooth.
- **Never** go barefoot.
- Take off your shoes when visiting your healthcare provider. Ask to have your feet checked.

## Eye Care

- Schedule yearly eye exams.
- Make sure the eye doctor dilates your eyes.

## Teeth and Gum Care

- Schedule regular visits to your dentist every 6 months. Go more often if problems arise.
- Brush your teeth two to four times daily.

## Sick Day Care

- Monitor your blood sugar every 2 to 4 hours.
- Continue your diabetes medication, insulin, or pills.
- Continue fluids to avoid dehydration.
- Replace your normal amount of carbohydrates with sports drinks or snacks if you cannot eat whole meals.
- Call your healthcare provider if you cannot control your blood sugar.

## Know Your Numbers Goals

- **Hemoglobin A<sub>1c</sub>**: less than 7 percent
- **Fasting blood glucose**: between 80 and 130
- **Blood glucose**: less than 180 (1–2 hours after meal)
- **Blood pressure**: less than 140/90
- **Cholesterol**
  - **LDL**: less than 70
  - **HDL women**: greater than 50
  - **HDL men**: greater than 40
- **Triglycerides**: less than 150
- **Microalbumin (urine)**: less than 30

Source: American Diabetes Association.

Ask your healthcare provider if you should take a “baby aspirin” (75–162 mg) daily.

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**Information Sheet 1781** (POD-05-24)

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. ANGUS L. CATCHOT JR., Director