

Diabetes Daily Ten

If you're living with diabetes, taking just a few minutes each day for these ten health checks will protect your body and let you live well every day.

1. Control your blood sugar. Test it and write it down in your blood sugar log.

2. Take insulin or medications. These medicines will help you control your blood sugar.

3. Follow meal plans. Eating right is one of the keys to diabetes health.

4. Be physically active. One of the best ways to help control blood sugar.

5. Drink water. Shoot for at least 8-9 glasses every day.

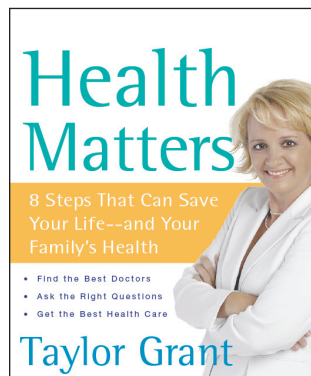
6. Limit alcohol.

7. Wash, dry and check your feet. The checklist at right will keep your feet healthy.

8. Brush and floss your teeth. Also check your gums for sores.

9. Wear clean socks.

10. Be positive. It's common to get frustrated, but give yourself some time and you'll get your health under control.



Diabetes Foot Care Checklist

Reduced blood flow to your extremities (hands and feet) can cause foot problems for those with diabetes. At least 15 percent of people with diabetes get a foot ulcer and 6 out of every 1,000 have an amputation. But with proper care, you can avoid ulcers and keep your feet healthy.

WHAT TO WATCH FOR

- Loss of feeling, burning or tingling in your feet.
- Changes in the shape, color or temperature of your foot.
- Pain in your legs while walking.
- Areas on your foot where you have had sores before.
- Dry cracked skin on your feet.
- Toenails turning yellow and thick.
- Fungus or infections between your toes.

FOOT CARE DO's & DON'Ts

DO

- CHECK YOUR FEET DAILY**
 - ✓ Use a mirror where you can't see
 - ✓ Look for scratches, cuts, blisters
 - ✓ Check foot color, shape, & temp.
 - ✓ Call your doctor if you see any sores or changes
- WASH YOUR FEET DAILY**
 - ✓ Use only warm water
 - ✓ Dry gently with a soft towel
 - ✓ Moisturize tops and bottom
- WEAR SHOES THAT FIT**
 - ✓ Check shoes for rough spots
 - ✓ Check for objects in your shoes
 - ✓ Always wear clean socks
 - ✓ Wear shoes, even indoors
- HAVE YOUR DOCTOR CHECK YOUR FEET AT EACH EXAM**
 - ✓ Take off your shoes and socks to help your doctor remember
 - ✓ Make sure the doctor checks your circulation & pulse once a year

DON'T

- DON'T . . .**
 - ✗ use a hot water bottle
 - ✗ use heating pads
 - ✗ take hot baths
 - ✗ let your feet get cold
 - ✗ wait until your feet hurt
- DON'T . . .**
 - ✗ use hot water
 - ✗ soak your feet
 - ✗ put cream between your toes
- DON'T . . .**
 - ✗ wear shoes that rub or are tight
 - ✗ go barefoot
 - ✗ get a sore from your shoes
 - ✗ wear thong sandals
- DON'T . . .**
 - ✗ cut corns or callouses yourself
 - ✗ use adhesive tape on your feet
 - ✗ use liquid corn remover
 - ✗ neglect a sore or cut

THE QUICK-START GUIDE to your health!

Taylor Grant's new book is packed with quick and simple steps you can start taking TODAY to feel great, live longer and improve your health and your care.

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