

Prevent the Complications of Diabetes



FOR MORE INFORMATION ABOUT CONTROLLING YOUR DIABETES, CONTACT:

American Diabetes Association
1-800-342-2383
www.diabetes.org

Westchester County New York Diabetes Coalition
1-877-291-9662
www.takingondiabetes.org

American Association of Health Plans (AAHP)
Taking on Diabetes
www.takingondiabetes.org or www.aahp.org

National Diabetes Information Clearinghouse
1-301-654-3327
www.niddk.nih.gov/health/diabetes/ndic.htm

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Have a dilated eye exam every year.



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Have a dilated eye exam every year.



Have a blood lipid test every year.



Have a blood lipid test every year.



Have a blood lipid test every year.



Have a blood lipid test every year.



Have a hemoglobin A1c test at least twice a year.



Have a hemoglobin A1c test at least twice a year.



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Test your blood sugar at home.

Test your blood sugar at home.

Test your blood sugar at home.

Test your blood sugar at home.



Have your blood pressure checked at every visit to your doctor.



Have your blood pressure checked at every visit to your doctor.



Have your blood pressure checked at every visit to your doctor.



Have your blood pressure checked at every visit to your doctor.



Have a urine protein test every year.



Have a urine protein test every year.



Have a urine protein test every year.



Have a urine protein test every year.



Have a foot exam at every visit to your doctor. Check your feet every day.



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EXERCISE REGULARLY AND MAINTAIN A HEALTHY DIET

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