Complications are not inevitable part of living with diabetes. There are many steps that you can take to prevent and/or slow the progression of complications related to suboptimal control. Diabetes can affect all of the blood vessels in the body, causing potential harm to your:

- Eyes
- Bowels/stomach
- Brain
- Nerves
- Heart
- Feet
- Kidneys
- Sexual organs

The key to help prevent these complications is knowing and maintaining your A, B, Cs

### Blood sugar targets

- Range of 80-110 mg/dl fasting
- Less than 150 mg/dl before meals
- No more than 50 point rise after meals from pre-meal blood sugar
- 100-140 mg/dl at bedtime
- Aim for your A1c to be between 6-7% without having too many low blood sugars

### Blood pressure targets

- Aim for blood pressure below 130/80 mm/Hg or less than 120/70 mm/Hg if you have known kidney problems

### Cholesterol targets

- Aim for a total cholesterol less than 200mg/dL
- Aim for a HDL cholesterol (Good) of more than 40mg/dl (men) and 50mg/dL (women)
- Aim for a LDL cholesterol (Bad) less than 100mg/dL or less than 70mg/dL if you have heart problems
- Aim for a triglyceride level (Ugly) less than 150mg/dL
Your Wellness Approach to Diabetes Should Include:

- Get educated – know how to best manage your diabetes
- Monitor your blood sugar levels and know your targets
- Maintain your A1c between 6-7%; Your health care team can monitor this every 3-4 months
- Maintain cholesterol levels as recommended; Your health care team can check this once to twice per year
- Maintain blood pressure under 130/80 mmHg; You should have this checked at each health visit
- Monitor your kidney function. Your doctor should check for microalbuminuria (small protein) at least once per year
- Monitor your eyes by having them checked every 12 months
- Check your feet daily – keep them soft and report cuts or wounds immediately
- Maintain your ideal body weight, especially your waist measure; Aim for gradual weight loss if overweight
- Monitor your food intake – look at the label & measure portions
- Achieve activity – a minimum of 30 minutes per day, 5 days per week
- Do not smoke; If you smoke – QUIT!
- Maintain regular appointments with your health care team:
  - Primary Care Physician
  - Diabetes specialist (If you have one)
  - Diabetes Educator
    - Registered nurse
    - Dietician
    - Podiatrist
    - Eye specialist

<table>
<thead>
<tr>
<th>Test</th>
<th>Target</th>
<th>Frequency</th>
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</thead>
<tbody>
<tr>
<td>A1c</td>
<td>&lt;7%</td>
<td>Every 3 months</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>&lt; 130/80 mm/Hg</td>
<td>Every healthcare visit</td>
</tr>
<tr>
<td></td>
<td>&lt; 120/70 mm/Hg</td>
<td>(kidney issues)</td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>&lt; 200 mg/dl</td>
<td>At least once a year</td>
</tr>
<tr>
<td>LDL</td>
<td>&lt; 100 mg/dl</td>
<td>At least once a year</td>
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<tr>
<td></td>
<td>&lt; 70 mg/dl</td>
<td>(heart disease)</td>
</tr>
<tr>
<td>HDL</td>
<td>&gt; 40 mg/dl</td>
<td>At least once a year</td>
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<tr>
<td></td>
<td>(men)</td>
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<tr>
<td></td>
<td>&gt; 50 mg/dl</td>
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<tr>
<td></td>
<td>(women)</td>
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<tr>
<td>Triglycerides</td>
<td>&lt; 150 mg/dl</td>
<td>At least once a year</td>
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<tr>
<td>Microalbuminuria</td>
<td>&lt; 30 mg</td>
<td>At least once a year</td>
</tr>
<tr>
<td>Eye Exam</td>
<td>No disturbances</td>
<td>At least once a year</td>
</tr>
</tbody>
</table>

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