

Type 2 Diabetes From Head to Toe

People with type 2 diabetes have high blood sugar. Over time, high blood sugar can harm your body in many ways. You can help prevent these problems by managing your blood sugar and paying attention to your body. In addition to controlling your blood sugar, check the actions below that you are ready to take to help prevent long-term problems.



Eyes

Over time, high blood sugar may damage blood vessels in your eyes. This may lead to blurred vision, cataracts, or blindness, among other things.

My Actions

- I will have a complete eye exam once a year or as recommended by my healthcare provider.
 - My next eye exam is: _____
- I will call my provider right away if I have any problems with my eyes:
 - Blurred vision, eye redness or pain, double vision, seeing spots or floaters, loss of side vision, trouble reading, and feeling pressure.
- Other: _____



Mouth

Diabetes can make it harder for your mouth to fight germs. People with diabetes are more likely to have gum disease. High blood sugar can make gum disease worse.

My Actions

- I will visit the dentist and have my teeth cleaned at least twice a year.
 - My next dental exam is: _____
- I will tell my dentist that I have diabetes.
- I will ask my dentist or hygienist to show me how to brush and floss the right way.
- I will brush for about three minutes, at least twice a day.
- I will floss at least once a day.
- Other: _____



Kidneys

Your kidneys filter waste from your blood and then pass it into the urine. Diabetes may overwork your kidneys. Over time, the kidneys may stop filtering and waste can build up in your blood. This is known as kidney failure.

My Actions

- I will ask my provider to check my kidney function once a year.
 - My next kidney function tests are: _____
- I will call my provider if I have any symptoms of kidney disease:
 - Fluid buildup, lack of hunger, upset stomach, weakness, or trouble concentrating
- Other: _____

(continued)



Heart and blood vessels

Diabetes can harm your blood vessels. People with diabetes often have high blood pressure or “bad” cholesterol numbers. This increases your risk of heart disease and stroke.

My Actions

- If I smoke, I will take steps to quit.
 - If I need help quitting, I will reach out to a provider or friend for support.
- I will have my blood pressure checked every time I visit my provider’s office.
- I will work to reach my blood pressure goal of: _____
- I will ask my provider to check my cholesterol levels once a year or as recommended.
 - My next cholesterol test is: _____
- I will work to reach and stay at my target weight of: _____
- I will make heart-healthy food choices.
- I will get regular exercise: _____ minutes, _____ days per week.
 - My provider and I agree that the best activities for me are: _____
- I will ask my provider if taking aspirin every day is right for me.



Feet

Diabetes can lead to nerve damage, which may cause you to lose feeling in your feet. As a result, a cut or sore can become infected before you even notice it.

My Actions

- I will take off my shoes and socks at every provider visit and have my feet checked.
- I will ask my provider to perform a comprehensive foot exam at least once per year.
 - My next comprehensive foot exam is: _____
- I will check my feet every day for cuts, sores, red spots, and swelling.
- I will call my provider right away if a sore on my foot does not start to heal after a few days.
- I will trim my toenails regularly.

Diabetes can increase your risk for many health problems. Talk to your healthcare provider about how you can help prevent these problems by taking care of yourself and your diabetes.

