

# Diabetes Complications

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, C**s

## Manage Your Diabetes ABCs

A	B	C	S
<p><b>A1C Test</b></p> <p>The A1C test is a blood test that measures your average blood sugar level over the past three months.</p>	<p><b>Blood Pressure</b></p> <p>Blood pressure is the force of your blood against the wall of your blood vessels.</p>	<p><b>Cholesterol</b></p> <p>There are two kinds of cholesterol in your blood: LDL and HDL. LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke.</p>	<p><b>Stop Smoking</b></p> <p>Stop smoking — ask for help or call 1-800-QUITNOW</p>

## 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

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# 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

**10 + 10 + 10**

Break up your daily **30 minutes** of physical activity into 10 minute bouts!

- 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



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

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