

PREVENT THE COMPLICATIONS OF DIABETES



A dilated eye exam every 1 - 2 years.



A blood lipid test every 1 - 2 years.



A hemoglobin A1c test at least twice a year.
Test your blood sugar at home.



Blood pressure checked at every doctor visit.



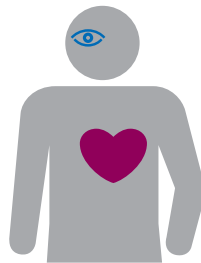
A urine protein test every year.



A foot exam at every doctor visit.
Check your feet every day.



Control



Diabetes

Exercise Regularly And Maintain A Healthy Diet

Dear Patient,

The tests listed on the other side of this card are important for your health. Let's talk about them at your next visit.

Together, we can prevent the complications of diabetes.

Your Physician