

# Control Your Diabetes For A Longer, Healthier Life

If you take control of your diabetes, you can live a longer, healthier life. One of the ways you can better manage your condition is by having the following tests done on a regular basis:

**Blood Sugar** – Ask to have a blood test called HbA1C twice a year.

**Kidneys** – Get your urine tested for protein once a year.

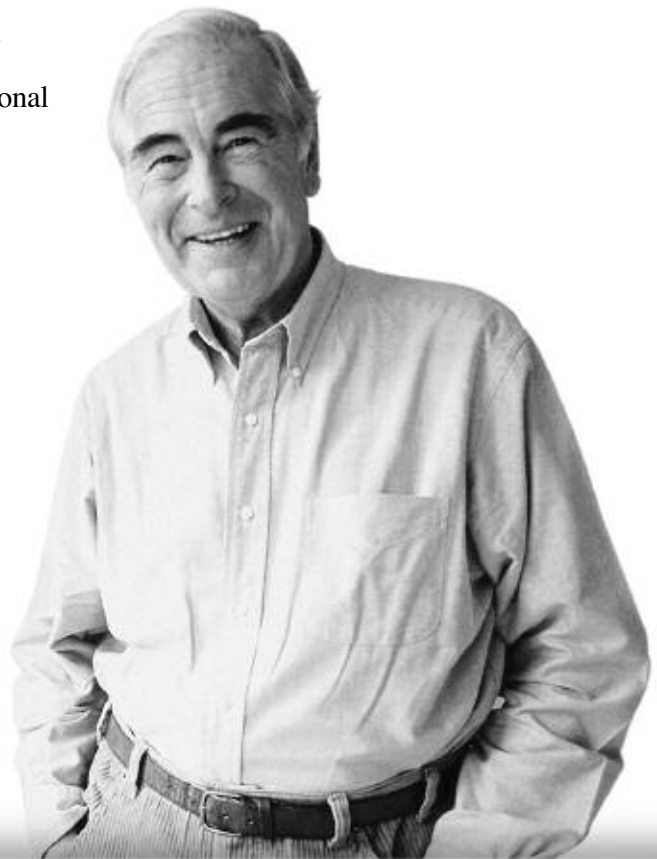
**Eyes** – An eye specialist should examine your eyes once a year.

**Feet** – Have your feet checked four times annually.

**Cholesterol** – Once a year, a healthcare professional should check your cholesterol (total, HDL, & LDL) and triglyceride levels.

**Blood Pressure** – Your blood pressure should be checked every time you visit the doctor.

**Vaccinations** – You should receive a flu shot each year. Ask your doctor about getting a pneumonia vaccination, too.



**BORGESS HEALTH**

