

# Head to Toe Self Care Maintenance Living with Diabetes

## Asses your Distress

Ask your Diabetes Educator for a distress questionnaire

## Mental Health

Assess your stress, frustration ,  
sleep pattern, sadness,  
enjoyment of activities

## Eyes

Obtain a dilated eye exam  
( at least yearly)

## Dental

See your dentist on a routine  
basis every 6 months vs yearly

## Blood Work

- A1C (every 3- 6 months)
- Lipids ( at least yearly)  
Total, Triglycerides, HDL, LDL
- Kidney function Tests  
( at least yearly)  
Microalbumin, eGFR

## Blood Pressure

Know your target  
130/80 - < 140/90

## Feet

Daily feet exam  
At least Yearly by health care  
professional  
(for nerve function and blood flow)

