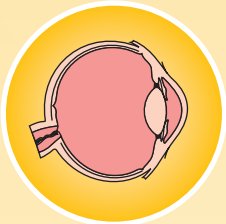


Type 2 diabetes from head to toe

Controlling blood sugar is important for people with type 2 diabetes.

Over time, high blood sugar can cause diabetes-related health problems. One way to measure blood sugar is by the A1C test.

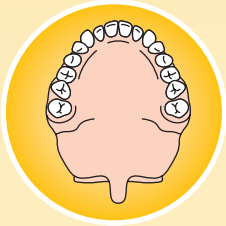
My A1C goal is _____ %



High blood sugar and...

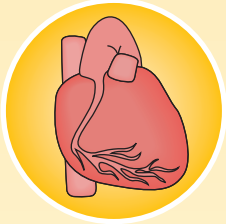
Your eyes

You may get glaucoma, cataracts, or have problems with blood vessels in your eyes. These conditions may cause cloudy or blurry vision and even blindness. Have an eye exam every year. Call your doctor if you are having problems with your eyes.



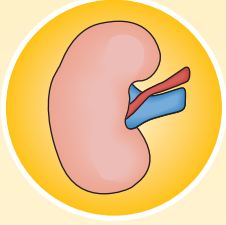
Your gums and teeth

You may get gum disease. See your dentist at least twice a year. Tell your dentist you have diabetes. Brush your teeth at least twice a day. Floss daily.



Your heart and blood vessels

Diabetes can damage your blood vessels. You are more likely to have heart disease or a stroke. Have your blood pressure checked at every doctor visit. Have your cholesterol checked at least once a year.



Your kidneys

Diabetes may damage your kidneys. Make sure your doctor checks for kidney damage at least once a year.



Your feet

You may lose feeling in your feet. A cut or sore can become infected. Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails. Call your doctor about any problems with your feet. Ask your doctor to check your feet at every visit.

This material has been developed by GlaxoSmithKline.