

*Talk to a health care provider about your individual diabetes management plan and how these tips fit with your lifestyle.*

### How can you lower diabetes health risks?

Life comes with risks. For people with diabetes, it means certain health risks. That's because diabetes affects organs and systems throughout your body. Those risks include a greater chance of heart disease, nerve damage, vision loss, and other health problems.

**But being at risk doesn't mean it will definitely happen.** Some health risks you can't change, like your age. But there are health risks you can change—like quitting smoking and eating healthy foods.



#### Here are some tips to help you to lower your risk of health problems:

- **Talk to your health care team about why diabetes health problems happen and how to avoid them.**
- **Get regular health checkups and recommended tests.**
- **Ask your health care team how often and why you need these checks:**
  - \_\_\_\_\_ A1C test to monitor blood sugar levels
  - \_\_\_\_\_ Blood pressure
  - \_\_\_\_\_ Cholesterol
  - \_\_\_\_\_ Kidney health
  - \_\_\_\_\_ Eye exam (dilated eye exam)
  - \_\_\_\_\_ Hearing loss
  - \_\_\_\_\_ Sleep apnea
  - \_\_\_\_\_ Dental exam

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### Ready to learn more?

Watch **Lowering Risk and the whole video series**—and kickstart managing your diabetes now!  
[cdc.gov/DiabetesKickstart](https://cdc.gov/DiabetesKickstart)



**Follow your diabetes management plan, which will include:**

- Moving more and sitting less.
- Taking medicines as prescribed.
- Monitoring your blood sugar levels.
- Not smoking or vaping.
- Brushing and flossing your teeth daily.
- Checking your feet daily for redness or sores.
- Checking for hypoglycemia: awareness, frequency, causes, timing of episodes.

**Also, talk with your health care provider about getting recommended vaccines to protect your overall health.**

### **Provider guidance**

### **Patient notes and questions**

## **Your next step?**

**Ask your health care team to refer you to diabetes self-management education and support services!** You'll gain skills, in-depth knowledge, and tools to lower your risk for health problems so you can manage diabetes for a long and healthy life!