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Basic Diabetes Class Handout with Goal Numbers - English

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Description

This diabetic patient handout reviews A1C test results and simply illustrates what the patient can do to keep his/her blood sugar levels in the goal range.

Keywords

Diabetes, Patient Education, Goals

Disciplines

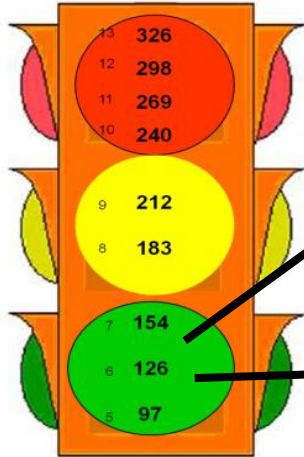
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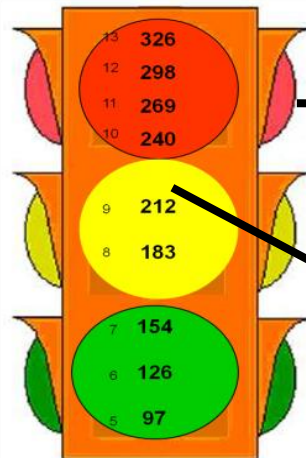
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Keep your blood sugar in the **green zone** to protect your health.

Keep your blood sugar in the **green zone** so you can be healthy your whole life!



Blood sugar levels in the **yellow or red zone** will cause serious health problems in your future.



Dialysis



Amputations

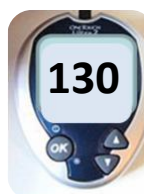


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Keep blood sugar under control



80 -130
Before breakfast



Less than 180
1 Hour after a meal

Eat 3 servings of vegetable
each day



Eat 3 servings of fruit
each day



Take your medicines
each day



Exercise **30** minutes
most days



Keep blood pressure below
140/90