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Basic Diabetes Class Handout with Goal Numbers - Spanish

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Basic Diabetes Class Handout with Goal Numbers - Spanish

**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. (Spanish)

**Keywords**
Diabetes, Patient Education, Goals

**Disciplines**
Endocrine System Diseases | Nutritional and Metabolic Diseases

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Mantenga su promedio de azúcar en la zona verde

¡Mantenga en la _zona verde_ su azúcar en la sangre para que pueda estar sano toda la vida.

Los niveles de azúcar en la _zona amarilla o roja_ causarán graves problemas en su salud en el futuro.

Amputación

Diálisis
Come 3 verduras cada día

Mantenga su azúcar bajo control

De 80 a 130
Antes de Comer

Menos de 180
1 Hora después de comer

Siempre tome sus medicinas como dice su doctor o enfermera

Haga ejercicio
30 minutos
casi todos los días

Mantenga la presión arterial a menos de 140/90