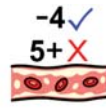


# Diabetes Care ABCDEFG Plan



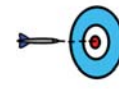
## Advice



No smoking, cholesterol, healthy food, weight, exercise.



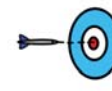
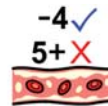
## Blood Pressure



Know your blood pressure target.



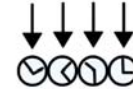
## Cholesterol



Know your cholesterol target to stop blood clots.



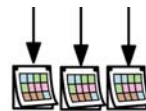
## Diabetes Control



Monitor your blood glucose regularly.



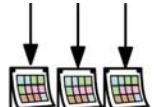
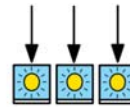
## Eyes



Eyes checked every year.



## Feet



Examine feet daily, see a professional every year.



## Guardian Drugs

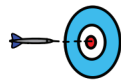


Talk to your care team for treatment options.

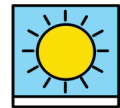
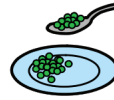
# Advice on Diabetes



**Eat healthy food**



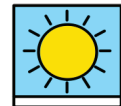
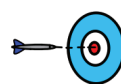
5



Aim for 5 portions of fruit or veg a day.



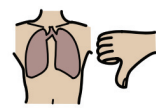
**Exercise regularly**



Aim for 30 mins brisk walking a day.



**Don't smoke**



Smoking increases heart and lung problems.



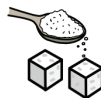
**Control your weight**



Being overweight increases heart problems.



**Plan your journeys**



Keep glucose and monitor in your car.



**Don't drink too much**



Alcohol lowers blood sugar.



**WidgitHealth**

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[www.widgit-health.com](http://www.widgit-health.com)

The content of these materials was developed by Dr Vinod Patel and the Diabetes Care Team at George Eliot Hospital NHS Trust.

**Alphabet Strategy**

**Advice**  
**Blood Pressure**  
**Cholesterol**  
**Diabetes Control**  
**Eye Examination**  
**Foot Care**  
**Guardian Drugs**

# Advice on Diabetes



4

A hypo is when your blood sugar is less than 4 mmol/L.



A hypo is caused by



not enough food



vomiting



increased activity



too much insulin



alcohol



being hot or cold



Watch out for



lack of concentration



shaking



hunger



drowsiness



headache



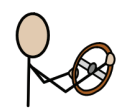
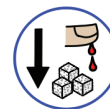
sweating



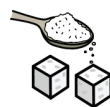
Driving Advice



5



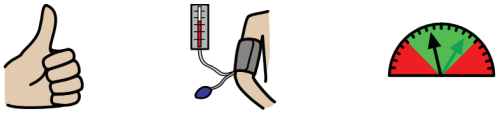
Blood sugar to be 5mmol/L. After a hypo wait 45 mins to drive.



If you feel a hypo, stop and eat some sugar.



# Blood Pressure



Good blood pressure control.



Raised blood pressure can increase diabetes complications.



You must check your blood pressure regularly.

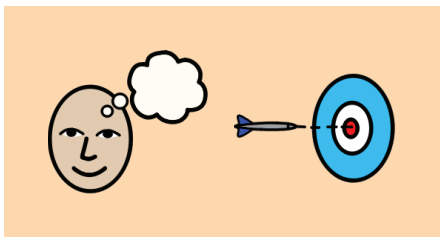


Eat healthy food, reduce salt and exercise more.



Take your medication regularly.

Try to reduce salt



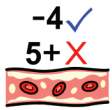
Remember your target is around

130 / 80





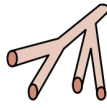
# Cholesterol



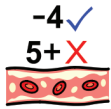
Cholesterol is the amount of 'fat' in blood.



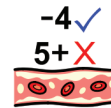
Some fats provide energy.



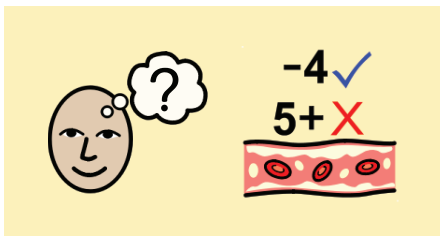
Too much fat can block blood vessels.



High cholesterol can lead to heart problems and stroke.



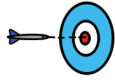
A healthy diet, exercise and tablets will reduce cholesterol.



## Do you know your cholesterol level?

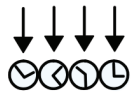


# Diabetes Control



# 4 → 7

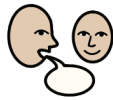
A good blood glucose target is



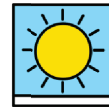
Achieve this with regular glucose monitoring.



Many drugs help control diabetes.



# 60



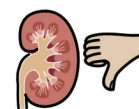
HbA1c tells you your blood glucose every 60 days.



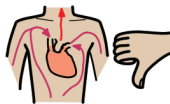
**Low HbA1c reduces**



heart problems



kidney problems



poor circulation

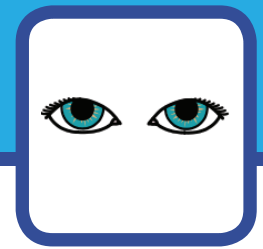


eye problems



stroke

# Eyes



Your eye's retina helps you see detail.



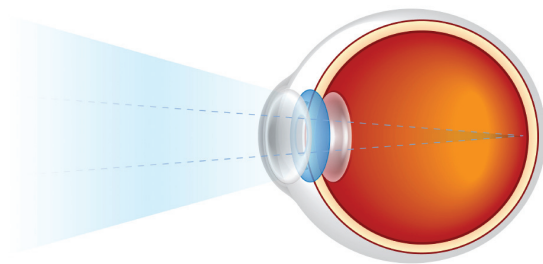
Diabetes can damage your retinas.



It is important to have an eye test every year.



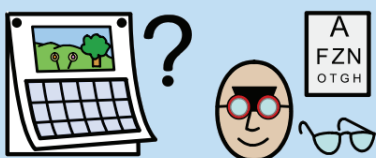
Eye tests help diagnose eye problems and stop blindness.



Normal retina



Damaged eye



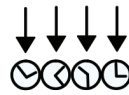
When was the last time you had your eyes checked?



# Feet



Diabetes can cause foot ulcers and numb feet.



It is important to examine your feet regularly.



You must treat foot injuries.



Check inside shoes for seams that may cause blisters.



It is important to get advice about your feet.



When was the last time you had your feet checked?



# Guardian Drugs



Guardian drugs reduce further diabetes complications.



Talk to your care team for treatment options.



**Aspirin**



reduce heart attacks and stroke.



**ACE inhibitors**



reduce heart disease, stroke, eye and kidney problems.

e.g. Ramipril, Lisinopril



**Statins**



reduce heart attacks and stroke.

e.g. Simvastatin, Atorvastatin



**Do you know if you are taking any of the guardian drugs?**