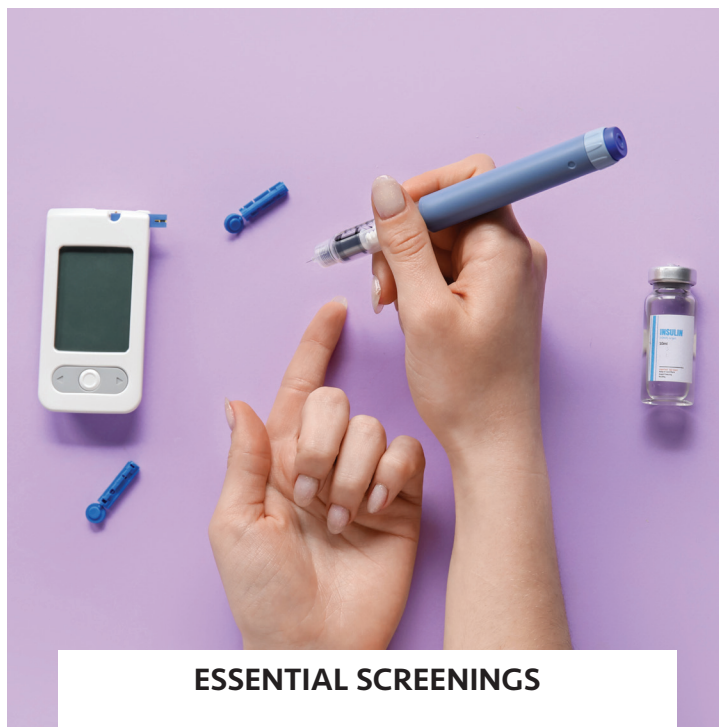


Preventing diabetes complications



Diabetes is a chronic condition that requires careful management to prevent serious complications. By working closely with your healthcare team and getting the recommended health screenings, you can take proactive steps to manage diabetes effectively and improve your quality of life.



ESSENTIAL SCREENINGS

- **A1C test:** This blood test measures average blood sugar levels over the past two to three months. It helps monitor diabetes control and adjust treatment as needed.
- **Blood pressure checks:** Regular blood pressure checks are important for monitoring and managing this condition.
- **Cholesterol tests:** High cholesterol levels increase the risk of heart disease, a common complication of diabetes.
- **Foot exams:** People with diabetes are at increased risk of foot problems like ulcers and infections. Foot exams done yearly or more often by a podiatrist can help detect and prevent serious problems.
- **Dilated eye exams:** Diabetes can damage blood vessels in the retina, leading to diabetic retinopathy. Regular eye exams by an ophthalmologist can help detect and treat this condition before it causes vision loss.
- **Kidney function tests:** Diabetes can damage the kidneys. Regular blood and urine tests can check kidney function and detect early signs of kidney disease.
- **Dental checkups:** People with diabetes are more prone to gum disease. Regular dental checkups and good oral hygiene are essential for preventing dental problems.



ADDITIONAL SCREENINGS

In addition to the essential screenings, your doctor may recommend other screenings based on your personal risk factors.

- **Celiac disease screening:** People with type 1 diabetes are more likely to have celiac disease, an autoimmune disorder that affects the small intestine. A blood test can help diagnose celiac disease.
- **Hepatitis C screening:** People with diabetes are also at increased risk of hepatitis C, a liver infection. A blood test can screen for hepatitis C.
- **Hearing tests:** Diabetes can increase the risk of hearing loss. Regular hearing tests can help detect hearing problems early on.
- **Mental health screenings:** People with diabetes are more likely to experience depression and anxiety. Mental health screenings can help identify and address these conditions.