

Have Diabetes?

You ***can*** manage it.

Ask your doctor
about these tests:

Yearly dilated eye
exam

Yearly cholesterol
tests

A1C
(every 3-6 months)

Yearly kidney test

Dental visit
every 6 months



Take these steps for
good health:

Learn about your
diabetes*

Check your blood
pressure

Eat healthy

Look at your feet
everyday

Keep vaccines
up to date

These recommendations are based on national standards. Talk with your health care provider about what is right for you.



www.kydiabetes.net

Find programs close to you:
Kentucky Diabetes Resource Directory
[https://prd.chfs.ky.gov/KYDiabetes Resources/](https://prd.chfs.ky.gov/KYDiabetesResources/)

**Attending Diabetes Self-management Education and Support Sessions can help you learn how to manage your diabetes.*

KDN is a statewide partnership to improve the treatment and outcomes for Kentuckians with diabetes.