

● BRAIN

To guard against stroke, keep blood glucose, blood pressure, and cholesterol within your target ranges. If you smoke, seek help to quit. Maintain a healthy weight. Eat fruits and vegetables, whole grains, low-fat dairy, lean protein, and small amounts of healthy fats. Limit unhealthy saturated fat and avoid trans fat. Get at least 30 minutes of exercise five times a week.

● GUMS

So your gums and teeth aren't damaged by infection, keep your blood glucose level within your target range. And see your dentist regularly for routine cleanings—generally every six months, but your dentist may want to see you more frequently.

● LIVER

Lower your chances of developing dangerous fat buildup in your liver by losing weight if overweight or obese, and maintain a healthy weight over time.

● KIDNEYS

So your kidneys can do their job of filtering waste products from your body, keep blood glucose and blood pressure levels within your target ranges. Stay up to date on the yearly blood and urine tests that doctors use to check your kidney health.



SEXUAL FUNCTION

For both men and women, blood glucose control can go a long way toward preventing sexual dysfunction. Don't be afraid to talk to your doctor about your concerns—mentioning any changes can help you catch nerve or blood vessel damage early on.

● FEET

Ensure that the nerves in your feet and legs stay healthy—which helps you avoid pain and/or the loss of feeling—by keeping blood glucose within your target range. Inspect your feet daily and ask your doctor to do so at every visit to spot wounds, infections, or circulation problems before they get out of control.

EYES ●

To fight vision-harming damage to the blood vessels in your eyes, keep blood glucose and blood pressure within your target ranges. And get dilated eye exams—at least once a year if your doctor says you need them; at least every two years if no eye problems have been spotted.

HEALTH HEAD TO TOE

Your efforts to manage blood glucose, blood pressure, and cholesterol protect your whole body. Learn about important ways to prevent and fight diabetes-related complications.

BY TRACEY NEITHERCOTT



HEART ●

To avoid blockages in the arteries that supply blood to the heart muscle, keep blood glucose, blood pressure, and cholesterol within your target ranges. If you smoke, seek help to quit. Maintain a healthy weight. Eat fruits and vegetables, whole grains, low-fat dairy, lean protein, and small amounts of healthy fats; limit unhealthy saturated fat and avoid trans fat. Get at least 30 minutes of exercise at least five times a week.

DIGESTIVE TRACT ●

To avoid nerve damage that hampers food digestion, keep blood glucose levels within your target range. Discuss any gastrointestinal symptoms, such as pain, diarrhea, and constipation, with your health care provider.

LEG ARTERIES ●

To keep the blood flowing as it should in your leg arteries, keep blood glucose, blood pressure, and cholesterol within your target ranges. If you smoke, seek help to quit. Maintain a healthy weight. Exercise at least 30 minutes a day at least five days a week. If you're over 50, or younger than 50 with high blood glucose and blood pressure, abnormal cholesterol, and/or pain while exercising, get checked for peripheral arterial disease (PAD) every five years.