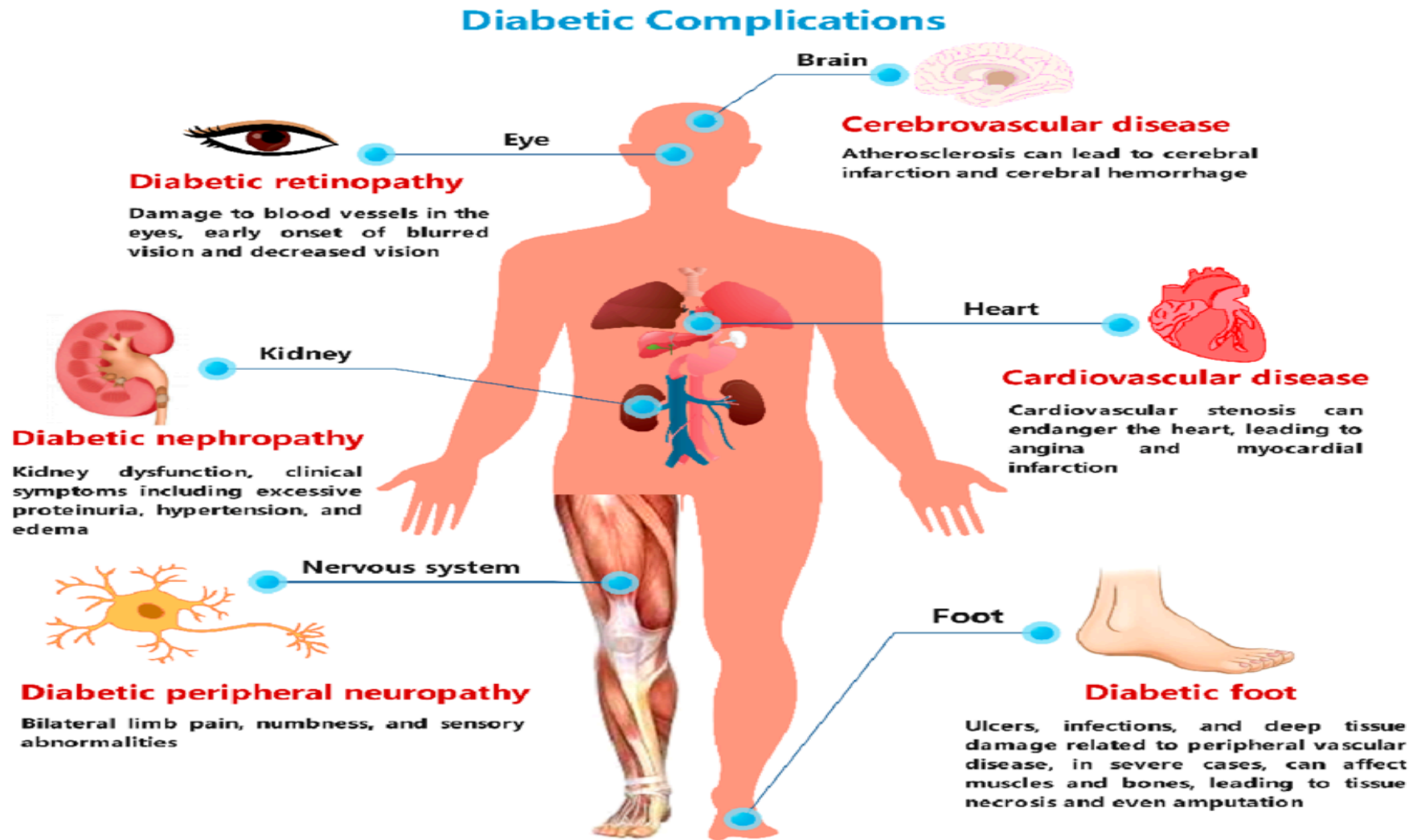


Long Term Complications



What Can I Do To Prevent Complications?

- Keep blood glucose within recommended range
 - Daytime: 70-130
 - During the night: 90-150
- Keep Hemoglobin A1c within recommended range
 - Less than 7%
- Avoid smoking tobacco and being around secondhand smoke
- Maintain a healthy blood pressure, cholesterol level, and weight
- Include physical activity into your daily routine (discuss with provider recommended intensity)
- Visit provider as recommended

