

## HANDOUTS CREATED FOR CLINIC

### CHECK-UP FOR DIABETES?

Here are a few tasks that may be required of you:

- **Monofilament testing**
  - A “poke test” checking for neuropathy of the hands and feet
  - It would assist the doctors if you removed your socks and shoes prior to their entry of the room
- **Microalbuminuria**
  - A urine sample may be required of you in order to check for proteins that signify kidney dysfunction
  - Restrain from using the bathroom before or during your visit if possible
- **Eye examination**
  - Annual testing for visual deterioration and diabetic retinopathy is essential for optimal diabetic health
  - Alert the nursing staff on your most recent visit for this purpose

### ABOUT THE CLINIC & COMMUNITY

- Baker Center for Primary Care
- Linville, NC, Avery County
- Nearly 15,000 permanent residents
- Number of residents and wealth increases exponentially in the summer, in which FL and NE residents come to the area

## DIABETES CHEAT-SHEET FOR PATIENTS

### Exercise?

#### Walking

Just 30-minutes of walking per day has been shown to benefit blood pressure, heart function, mood, endurance, and weight loss

#### Swimming

Beneficial due to the lack of pressure on joints and bones, which can be helpful for those wishing to limit high-impact activities on the feet

#### Stationary bicycling

Perfect low-impact activity for those who prefer to exercise indoors

#### Citation and Resources

- American Diabetes Association
- American Association of Clinical Endocrinologists
- Everyday Health – Exercising with Diabetes
- Healthline.com Testing
- Google Images

### Words of Advice from Providers at Baker Center for Primary Care

“We are going to help you with all the parameters of your diabetic condition, but *it all starts with you*. In particular, this includes your diet and exercise.” - **Dr. Baker**

“Carbohydrate management is the key to effective diabetes management – in addition to the obvious sources of sugars (sodas, candies, cookies, cakes, sweet tea, juice, etc.), be mindful of potatoes, breads, pastas, and rice. Also, portion size is critical – three or four helpings of a low-carb meal will still add more overall calories and weight than you need.” - **Dr. Crawford**

“When shopping for groceries, it’s vital to hug the perimeter of the store (fresh fruits, vegetables, and quality meat) as compared to the inner aisles (processed and packaged food).” - **Dr. Sherrill**

### Blood Glucose Reference and Control

	HbA1c MEAN BLOOD GLUCOSE		
	test score	mg/dL	mmol/L
↑ action suggested ↓ excellent	14.0	380	21.1
	13.0	350	19.3
	12.0	315	17.4
	11.0	280	15.6
	10.0	250	13.7
	9.0	215	11.9
	8.0	180	10.0
	7.0	150	8.2
	6.0	115	6.3
	5.0	80	4.7
4.0	50	2.6	

### Blood Pressure Reference and Control

