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

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

### 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

### Blood Glucose Reference and Control

<table>
<thead>
<tr>
<th>HbA1c</th>
<th>Mean Blood Glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>test score</td>
<td>mg/dl</td>
</tr>
<tr>
<td>14.0</td>
<td>380</td>
</tr>
<tr>
<td>13.0</td>
<td>350</td>
</tr>
<tr>
<td>12.0</td>
<td>315</td>
</tr>
<tr>
<td>11.0</td>
<td>280</td>
</tr>
<tr>
<td>10.0</td>
<td>250</td>
</tr>
<tr>
<td>9.0</td>
<td>215</td>
</tr>
<tr>
<td>8.0</td>
<td>180</td>
</tr>
<tr>
<td>7.0</td>
<td>150</td>
</tr>
<tr>
<td>6.0</td>
<td>115</td>
</tr>
<tr>
<td>5.0</td>
<td>80</td>
</tr>
<tr>
<td>4.0</td>
<td>50</td>
</tr>
</tbody>
</table>

### Citation and Resources

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

### Blood Pressure Reference and Control

- High blood pressure
- Pre-high blood pressure
- Ideal blood pressure
- Low

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