



My reminder list

For effective control of Diabetes and its consequences it is strongly advised to follow the recommendations and instructions of your doctor.

- Always take your medication as recommended by your doctor
- See your Doctor regularly
- Test your blood glucose levels regularly
- Eat a healthy diet
- Watch your weight
- Do not smoke at all
- Avoid drinking alcohol
- Check your feet and wear comfortable shoes

What else has your healthcare professional recommended to you?

Please note: This health information is for education only. It does not take the place of talking with a healthcare provider. A healthcare provider is the person who will consider the special needs of the patient and is in charge of the care of each patient.