The South Dakota Diabetes Coalition

Coalition Mission
Partnering to Improve health outcomes of those affected by diabetes in South Dakota

Coalition Vision
A dynamic and sustainable diabetes coalition impacting diabetes in South Dakota.

For more information on the Coalition, visit the website:
http://doh.sd.gov/diabetes/

When you have diabetes, you may have some questions for your diabetes team...

Websites with Diabetes Information
- South Dakota Diabetes Coalition
- Diabetes Prevention and Control Program
  http://diabetes.sd.gov
- National Diabetes Education Program
  www.ndep.nih.gov
- American Diabetes Association
  www.diabetes.org
- American Heart Association
  www.americanheart.org
- Healthy SD - www.healthySD.gov
- Juvenile Diabetes Research Foundation
  www.jdrf.org
- Black Hills Diabetes Association
  www.blackhillsdiabetesassociation.org
- Diabetes Exercise and Sports Association
  www.diabetes-exercise.org/index.asp
- National Diabetes Information Clearinghouse
  www.diabetes.niddk.nih.gov

Brought to you by the South Dakota Department of Health Diabetes Prevention and Control Program and the South Dakota Diabetes Coalition.

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Supported by Cooperative Agreement #IU58DP001990-01 with the Centers for Disease Control and Prevention
Revised 5/09
You are an important partner in your diabetes care.

Diabetes control happens through a partnership between you and your health care team. And as a partner of this team, it's good to know how to get the most from your doctor visits.

Here is some important information along with questions to ask your doctor to live healthy with diabetes.

**Diabetes Control**

- Foot exams can prevent amputations.
- Every one point drop in hemoglobin A1c reduces eye, kidney, and nerve damage by 40%.
- Diabetes is the leading cause of kidney failure and blindness.
- Blood pressure control reduces heart disease by up to 50%.
- Control of LDL or “bad” cholesterol can reduce heart disease by 50%.
- The American Diabetes Association recommends that you visit your diabetes team every year.
- Up to 28% of people with diabetes have depression.

**Ask Your Doctor..**

- Have my feet been checked for the effects of diabetes?
- What is my Hemoglobin A1C?
- Have I had my microalbumin checked (my kidneys)?
- Is my blood pressure in target (below 130/80 mmHg)?
- How is my LDL cholesterol?
- Is it time for my yearly dilated eye exam?
- Is it time for me to see my diabetes education team again?
- Do you have someone I can talk to about my feelings about diabetes?