



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/>

Websites with Diabetes Information

South Dakota Diabetes Coalition
<http://doh.sd.gov/Diabetes/Coalition/default.aspx>

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.

615 E. Fourth Street
Pierre, SD 57501
Telephone: 1-800-738-2301
<http://diabetes.sd.gov>
Tel: 605-336-3505

Supported by Cooperative Agreement #IU58DP001990-01 with the Centers for Disease Control and Prevention
Revised 5/09



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



Telephone: 1-800-738-2301



Did You Know?

- 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?

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.