

## Future Health

I'm aiming for a HbA1c of 48mmol/mol or less, which isn't easy, but it protects against future problems.

The things you can do to help meet this target are:

- Take insulin regularly.
- Drink water to stay hydrated.
- Monitor glucose levels and act on your results.
- Make healthy food choices.
- Get enough sleep.
- Do some exercise or activity most days.



Having high glucose levels for a long time has an effect on the kidneys, heart and blood pressure.

Every year, I'm going to need to:

- Have my blood pressure monitored.
- Have some bloods taken so they can be screened.
- Have a urine test.
- Have my feet checked.
- Have an eye screening.



You should have your eyes screened every 1-2 years. If you miss an eye screening appointment, you'll have to rebook it yourself.

These appointments are sometimes in a different place to my usual clinic. All these checks are to check of any long term effects of living with diabetes.

