

# Diabetes Mellitus: *The Rule of Three's*

A Model to Help Patients with Type 2 Diabetes Get the Best Care

## Problems with Small Blood Vessels

### 1. EYES

Annual visit with Eye Doctor:  
Can Prevent Blindness

### 2. KIDNEYS

Check for Protein in the Urine  
Taking Blood Pressure Medication  
Can Prevent Kidney Failure

### 3. FEET

Learn to take care of your feet  
Can Prevent Foot Amputation

## Blood Sugar Control

### 1. HEMOGLOBIN A1C

Special Blood Test for Sugar  
Check every three months  
Goal is less than 7

### 2. LIFESTYLE

Healthier Food  
More Activity

### 3. MEDICATIONS

1. Helps Body Use its Own Insulin
2. Helps Body Make More Insulin
3. Insulin when necessary

## Problems with Big Blood Vessels

### 1. High Blood Pressure (BP)

BP: Top Number less than 130  
BP: Bottom Number less than 80

### 2. CHOLESTEROL

Bad Fat (LDL) less than 100  
Good Fat (HDL) more than 40

### 3. HEART ATTACK PREVENTION

Pills: Aspirin, Folic Acid (B Vitamin)  
Reduce Stress: Yoga, Meditation  
Lifestyle: Diet, Exercise, Stop Smoking