

The SIMPLE Method for Preventing Diabetic Complications

- S** Don't **S**moke

- I** Inspect feet daily, eyes yearly, and teeth at least twice a year

- M** **M**onitor your blood glucose, A1C, and urine protein as recommended

- P** Lower your blood **P**ressure to less than 130/85

- L** Lose weight if needed

- E** Exercise most days of the week for 30 minutes or more