

A1C—7

The A1C is the blood test that shows the average level of sugar in your blood over the last 3 months. If your A1C is under 7 then your sugar is controlled.

Controlling your blood sugar makes you feel better and prevents damage to your eyes, kidneys, and blood vessels that causes heart attacks, strokes and bad circulation.

Exercise, weight loss, medication, eating whole grains and 5-9 fruits and vegetables a day help control your blood sugar.

My A1C _____.

Blood Pressure—130/80

Your blood pressure should be under 130/80 at every doctor's visit.

A well-controlled blood pressure helps prevent damage to your kidneys, prevents heart attacks and strokes.

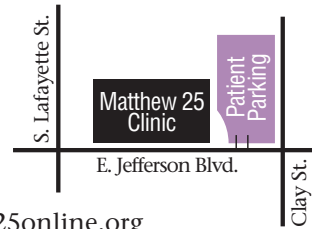
Exercise, weight loss, medication, eating whole grains and 5-9 fruits and vegetables a day help lower your blood pressure.

My Blood Pressure _____.

Clinic hours are posted on back, and are subject to change. Note that when a fifth Tuesday, Wednesday or Thursday evening of the month occurs, the clinic will be closed on that evening.

**Matthew 25 is a non-smoking property.
Please do not smoke anywhere
on our property.**

Matthew 25 Health and Dental Clinic
413 East Jefferson Boulevard
Fort Wayne, In 46802
PHONE 260.426.3250 FAX 260.426.0443



matthew25online.org

Medical Hours

Mon.	8:30 - Noon	Appt.
	12:30 - 4:00	Appt.
	5:30 - 8:00	Closed
Tues.	8:30 - Noon	Appt.
	12:30 - 4:00	Appt.
	5:30 - 8:00	Closed
Wed.	8:30 - Noon	Appt.
	12:30 - 4:00	Appt.
	5:30 - 8:00	Appt. Only*
Thur.	8:30 - Noon	Appt.
	12:30 - 4:00	Closed
	5:30 - 8:00	Appt. Only*
Fri.	8:30 - Noon	Appt.
	12:30 - 4:00	Appt.
	5:30 - 8:00	Closed

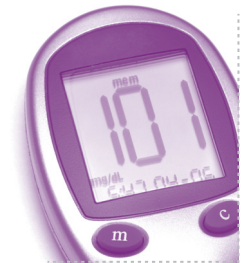
*Closed on the fifth Tues. Wed., or Thurs. evening of the month. Med Room closed evenings.

Matthew 25 Health and Dental Clinic is inspired by the Gospel to provide free primary healthcare services to uninsured, low income residents of Northeast Indiana and Northwest Ohio.

"I was sick and you looked after me... 'I tell you the truth, whatever you did for one of the least of these my brothers of mine, you did for me'"

Matthew 25:36 & 40

A part of the Fabric



This brochure is provided to inform you about diabetes.

Brochures also available for Patient Information

Dental Medical

Patient Assistance

**Matthew 25
Diabetes Information**
Able to

Welcome to the Matthew 25 Diabetes Program

For people with diabetes, living healthy can seem like an all-consuming process, but here at Matthew 25 we know that your life isn't all about diabetes.

We want you to take your medicine and check your sugar twice (or so) a day, love your kids, exercise, obey your parents, eat fruits and vegetables, honor God, serve your neighbors and live your life as you need to.

We're here to help you as you control your diabetes and your life by following the ABLE To program.

A A1C — blood sugar

B Blood pressure

L LDL — Cholesterol

E Exercise

TO Tobacco cessation

LDL — 100

The LDL is called the bad cholesterol. It needs to be under 100 (or sometimes even under 70) to help prevent clogging of your arteries causing heart attacks and strokes.

Exercise, weight loss, medication, eating whole grains and 5-9 fruits and vegetables a day help control LDL.

My LDL _____.

Exercise — 150 minutes.

Exercising for 30 minutes, 5 days a week helps control your A1C, blood pressure, LDL and weight.

Exercise is important to feeling good and having more energy for life. Record minutes exercised below.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Week Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								

Tobacco — none.

Smoking and diabetes both affect the arteries in the body in almost exactly the same way.

This means that smoking and diabetes together cause a very high risk for heart attack, stroke and leg amputation.

The only way to really control diabetes is to stop smoking.

My Tobacco use is _____.

Indiana Tobacco Quitline: 1-800-QUIT-NOW