



patient education: Diabetes Checklist

This checklist can help you manage your diabetes. It explains certain regular testing that can help keep you healthy and prevent serious problems. It also helps you keep track of your test results. Carry this checklist with you when you visit your doctor and record all your test results.

HOW DO I KNOW IF MY BLOOD GLUCOSE IS UNDER CONTROL?

Blood glucose (sugar) control is both important and achievable. The A1C test reflects your average blood sugar over the previous 3 months. An A1C value near the normal range lowers your risk for diabetes-related problems.

WHY IS CHECKING MY BLOOD PRESSURE AND CHOLESTEROL (FAT-LIKE, WAXY SUBSTANCE FOUND IN THE BLOODSTREAM) IMPORTANT?

Having high blood pressure and high cholesterol raises your risk for heart disease. By keeping these conditions under control you can help lower your risk. You may need to increase your physical activity, make better food choices, eat less salt, and maintain a healthy weight. In addition, your doctor will choose the right medications for you to control your blood pressure and cholesterol if needed.

WHY IS CHECKING MY FEET, EYES, AND KIDNEY FUNCTION IMPORTANT?

- Diabetes can increase the risk for foot-related problems. Checking your feet daily for cuts and blisters may help prevent ulcers that can lead to infection or amputation. A doctor or nurse may check your feet at every visit. Always wear shoes that fit properly.
- Diabetic retinopathy is an eye disease that can result from diabetes. It can cause blindness. You should have a dilated eye exam every year. For this exam, the doctor puts drops in your eyes to open up the pupils. Then, your doctor will examine the blood vessels in the back of your eyes.
- Diabetes can cause kidney problems. A special yearly urine test can find early signs of kidney disease. This test checks for tiny amounts of protein in your urine.
- Keeping your blood sugar close to normal can help prevent problems with your feet, eyes, and kidneys. Also, controlling your blood pressure can help protect your eyes, heart, and kidneys.

In summary, here are some things you should do to help manage your diabetes:

- Things to do regularly:
 - ✓ Follow a healthy diet and be physically active
 - ✓ Take your medications as directed
 - ✓ Check your feet for cuts, blisters or sores
 - ✓ Test your blood sugar as instructed by your doctor

- Things to do at each doctor visit:
 - ✓ Bring your checklist along to show to your doctor
 - ✓ Ask about your A1C level (at least 2 times a year)
 - ✓ Have your blood pressure checked
- Ask your health care provider to check your feet if you have neuropathy (nerve damage)
- Things to do once a year or as recommended by your doctor:
 - ✓ Visit your eye doctor for a complete dilated eye examination
 - ✓ Have your cholesterol checked
 - ✓ Have your urine checked for protein
 - ✓ Have a complete foot exam by your health care provider

Diabetes Management Checklist

Things to Check	Every Visit (up to 4 times per year)			
	Visit 1	Visit 2	Visit 3	Visit 4
	Date	Date	Date	Date
	/ /	/ /	/ /	/ /
A1C (Goal is lower than 7%)				
Blood Pressure (Goal is lower than 130/80)				
	Yearly (on anniversary of last test)			
	Last Year		This Year	
	Date	Results	Date	Results
Kidney (Urine protein test)	/ /	/ /	/ /	
Eyes (Dilated eye examination)	/ /	/ /	/ /	
Cholesterol - LDL (Goal is lower than 100 mg/dL) - HDL (Goal is higher than 40 mg/dL) - Triglycerides (Goal is lower than 150 mg/dL)	/ /	/ /	/ /	
Feet (Check for loss of feeling, infection, injury)				

Reference:

1. Adapted from the American Diabetes Association's Standards of Medical Care in Diabetes. Diabetes Care. 2007;30(suppl 1):s4-s41.

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