

Taking care of your diabetes

Bring this form to your visits

EVERY VISIT		GOALS ▼	YOUR RESULTS (write in with date)					
Blood pressure.....		139/89 or lower						
Weight/BMI (Body Mass Index)		individual goal						
Review blood glucose diary:								
Fasting and before meals		90–130						
2 hours after meals.....		no more than 140–180 or 40 point increase from pre-meal						
Bedtime		110–150						
Aspirin use (with provider's okay)		Yes						
Tobacco free		Yes / does not apply						
EVERY 3–6 MONTHS		GOALS ▼	YOUR RESULTS (write in with date)					
Doctor visit								
Hgb A1c / Estimated Average Glucose (eAG)								
<u>A1c</u> <u>eAverage Glucose</u>								
6%.....		126						
7%.....		154						
8%.....		183						
		Your A1c goal _____ % or lower						
EVERY 12 MONTHS		GOALS ▼	YOUR RESULTS (write in with date)					
Lipids (blood fats)								
Cholesterol		199 or lower						
HDL		41 or higher						
LDL (if no heart disease)		99 or lower						
LDL (if you have heart disease).....		69 or lower						
Triglycerides		149 or lower						
UMACR (kidney).....		under 30						
Creatinine (kidney) normal range		men: 0.66–1.25 women: 0.52–1.04						
Potassium normal range		3.5–5.3						
ALT (liver) normal range		0–69						
AST (liver) normal range		under 55						
TSH (thyroid) normal range		0.3–5.0						
Complete foot exam (with monofilament)								
Dental exam								
Dilated eye exam								
Diabetes education with diabetes nurse specialist and registered dietitian								
Depression screening								
Vaccinations (flu, pneumonia, Hepatitis B)								