

My Diabetes Care Record

A1C – At least twice each year
Usual goal: less than 7

Date:					
Result:					

BLOOD PRESSURE (BP) – Each visit
Usual goal: less than 130/80

Date:					
Result:					

CHOLESTEROL (LDL) – Once each year
Usual goal: less than 100

Date:					
Result:					

WEIGHT – Each visit
My goal: _____

Date:					
Result:					

DIABETES CARE	DATE	RESULT
Each visit:		
Foot check		
Weight check		
Twice each year:		
Dental exam		
Once each year:		
Dilated eye exam		
Complete foot exam		
Kidney check		
Flu shot		
At least once:		
Pneumonia shot		

Here are some questions you can ask your doctor or health care team:

- How can I control my diabetes?

- Should checking my blood glucose be part of my diabetes care plan?

- What should my blood glucose level be?

Before I eat: _____ Too high if over: _____ Too low if under: _____

2 hours after I eat: _____ Too high if over: _____ Too low if under: _____

Before bed: _____ Too high if over: _____ Too low if under: _____

- What should I do if my blood glucose levels are too high? Too low?

- Other questions I want to ask my doctor:



Foot Care Guidelines



Examining

- Examine feet every day. Use a mirror for hard-to-see places or have someone help you.
- Look for cuts, sores, bumps, red spots, swelling, and infected toenails. Report any findings.
- Have your doctor check your feet during every visit.

Cleaning

- Wash feet in warm, but not hot, water every day.
- Use mild soap.
- Dry feet with a soft towel. Be sure to dry between your toes.

Maintenance

- Keep the skin soft and smooth with lotion on the top and bottom. Don't use lotion between toes – that might cause an infection.
- Keep toenails filed straight across.
- Don't use wart removers or try to cut off calluses or corns. Let a doctor check and treat these problems.
- Keep feet away from open fires, radiators, etc.
- Elevate feet when sitting.
- Wiggle toes and move feet to keep blood moving.

- Don't cross your legs for long periods of time.

Socks

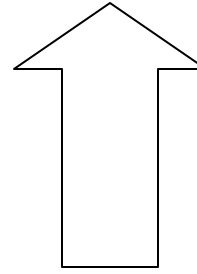
- Don't wear socks with holes or rough seams.
- Wear socks and shoes that fit well and protect your feet.
- If your feet are cold, sleep in socks. Don't use heating pads or hot water bottles on your feet.
- Don't wear tight socks or garters.

Shoes

- Check shoes before putting them on to make sure no sharp edges or objects are in them.
- Break in new shoes slowly.
- Don't wear flip-flops or pointed toe shoes.
- Never go barefoot – even inside.
- Your doctor may prescribe therapeutic shoes for you. If you have Medicare, one pair per year will be covered.

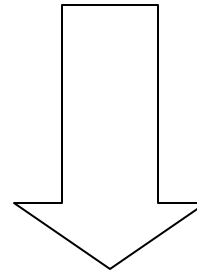
What can make blood sugar too high:

- Not taking diabetic medication
- Illness
- Eating more than usual
- Eating foods high in sugar
- Stress
- Exercising less than usual
- Taking certain medications such as cough and cold products



What can make blood sugar too low:

- Eating less than usual or skipping a meal
- Exercising more than usual
- Taking more diabetic medication than needed



Exercise Tips

- Talk to your doctor about a safe activity plan.
- Start slow, build slow.
- Plan frequent rest periods throughout the day.
- Sit down and rest if you become even mildly short of breath.
- Avoid extreme temperatures.

Exercise Plan

I have an appointment to talk to my doctor on ___/___/___ about developing an exercise plan.

My activity of choice is _____

My goal is to do this activity _____ times per _____

My reward for reaching this goal is _____

Week 1	Activity	Time or Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 2	Activity	Time or Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 3	Activity	Time or Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 4	Activity	Time or Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		


Week 4, continued	Activity	Time or Distance
Saturday		
Sunday		

Week 5	Activity	Time or Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 6	Activity	Time or Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

<p>1 Serving Looks Like . . .</p> <p>GRAIN PRODUCTS</p> <p>1 cup of cereal flakes = fist </p> <p>1 pancake = compact disc </p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball </p> <p>1 slice of bread = cassette tape </p> <p>1 piece of cornbread = bar of soap </p>	<p>1 Serving Looks Like . . .</p> <p>VEGETABLES AND FRUIT</p> <p>1 cup of salad greens = baseball </p> <p>1 baked potato = fist </p> <p>1 med. fruit = baseball </p> <p>½ cup of fresh fruit = ½ baseball </p> <p>¼ cup of raisins = large egg </p>
<p>1 Serving Looks Like . . .</p> <p>DAIRY AND CHEESE</p> <p>1½ oz. cheese = 4 stacked dice or 2 cheese slices </p> <p>½ cup of ice cream = ½ baseball </p> <p>FATS</p> <p>1 tsp. margarine or spreads = 1 dice </p>	<p>1 Serving Looks Like . . .</p> <p>MEAT AND ALTERNATIVES</p> <p>3 oz. meat, fish, and poultry = deck of cards </p> <p>3 oz. grilled/baked fish = checkbook </p> <p>2 Tbsp. peanut butter = ping pong ball </p>