

My Diabetes Record

Below is a list of items for good diabetes care recommended by the American Diabetes Association. Track your diabetes information and review this with your doctor regularly.

<i>Every Visit:</i>	<i>Date of Visit</i>	<i>Result</i>	<i>Date of Visit</i>	<i>Result</i>
Review blood glucose readings				
Blood pressure check (<140/90)*				
Weight				
Foot exam				
Review meal plan				
Review activity level				
Discuss questions or concerns				
Every three to six months:				
A1C blood test (<7%)				
Every year:				
Physical exam				
Dilated eye exam				
Complete foot exam				
Cholesterol Total				
HDL (>60)				
LDL (<100)				
Triglycerides (<150)				
Urine test for protein				
Flu shot				
Ask your doctor about:				
	<i>Date Completed</i>			<i>Date Completed</i>
Getting a pneumonia shot		Stress management		
Aspirin therapy		Unusual symptoms		
Quitting smoking		New treatments		
Sick day plan				

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