

Tests to be done at least every 4 to 6 months:	Date/Result	Date/Result	Date/Result	Date/Result
Weight (target range: )				
Blood pressure (target less than or equal to 130/80 mmHg)				
Venous blood sugar: Key: f=fasting a=after • Fasting (between 4 and 7 mmol/L) • 2 hours after eating (between 5 & 10 mmol/L)	f a	f a	f a	f a
A1C (under 7.0% is recommended)				
Other ( )				
Comparison of meter and lab Key: M=meter L=lab Calculate % difference: M minus L divided by L x 100%	M L	M L	M L	M L
Tests to be done at least once a year:	Date/Result	Date/Result	Date/Result	Date/Result
Foot Exam				
Eye Exam (done with eye drops)				
Dental Exam				
Urinary Protein (should be negative) Microalbuminuria (ACR) < 2.0 mg/mmol for men < 2.8 mg/mmol for women				
Immunization (flu shot)				
Tests may be done every 3 years if normal (more often if values are abnormal):	Date/Result	Date/Result	Date/Result	Date/Result
<u>Lipid Profile:</u>				
LDL-C (2.0 mmol/L or lower)				
TC/HDL-C (ratio under 4.0)				
TG (under 1.5 mmol/L)				

**Diabetes Centre  
Name & Address**

# DIABETES RECORD

*Bring this with you when you visit your doctor or other members of your diabetes healthcare team.*

NAME: \_\_\_\_\_

## GOOD DIABETES CARE

Taking good care of your diabetes is a lifelong process. Becoming actively involved in managing your diabetes will lead to better health. See the back of this page for information about the type of tests that you should have done regularly.

- Ask members of your diabetes healthcare team (doctor, Diabetes Centre staff, and your local pharmacist) to help you keep track of the results on this form.

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### TERMS AND TARGET VALUES FOR NEEDED TESTS

The type of testing may vary from area to area. Review this information with your healthcare team.

<b>Blood pressure:</b>	This measures the amount of pressure put on your blood vessels when your heart pumps (top number) and relaxes (bottom number). Your blood pressure should be less than <b>130/80 mmHg</b> .
<b>Weight:</b>	Keeping a healthy weight helps control your diabetes. A dietitian can help to find the best weight for you.
<b>Venous blood sugar testing (fasting and 2 hrs after eating):</b>	These blood tests are done in the lab using blood taken from your arm. A fasting blood sugar is done first thing in the morning <u>before</u> you eat, drink, or take your diabetes pills and/or insulin. Ideally, this blood sugar should be between 4 and 7 mmol/L. Values 2 hours after you eat should be between 5 and 10 mmol/L.
<b>Glycated Hemoglobin (A1C):</b>	This is a lab test that determines how well your diabetes has been controlled over the last 2-3 months. A result under 7.0% is very good. Values higher than 7.0% are too high, and your doctor may need to make a change in your treatment. A value 6.0% or lower is best if it can be achieved safely.
<b>Comparison of meter and lab results:</b>	This is important to tell how well your meter is working. Use your meter to check your blood sugar within 10 minutes of a blood test taken at the lab. Compare these two values. They should <u>not</u> differ by more than <b>20%</b> .
<b>Eye exam:</b>	This checks for changes in the back of your eye (retina) due to your diabetes. You should have your eyes checked once a year by an eye doctor. Having drops put in your eyes to dilate your pupils should be part of this exam.
<b>Urinary protein:</b>	This is a lab test that measures the health of your kidneys. It checks for protein in your urine. This test should be done annually, and the result should be negative (no protein in your urine).
<b>Microalbuminuria (albumin to creatinine ratio [ACR]):</b>	This test measures <u>very small</u> amounts of protein in your urine. Values should be less than 2.0 mg/mmol for men and less than 2.8 mg/mmol for women.
<b>Lipid (cholesterol) profile:</b>	These are blood tests that count the amount of different fats in your blood. Values should be as noted: <b>LDL-C:</b> Low-density lipoprotein cholesterol <b>2.0 mmol/L or lower</b> <b>TC:HDL-C</b> Ratio of TC to HDL-C <b>Ratio under 4.0</b> <b>TG:</b> Triglycerides <b>Under 1.5 mmol/L</b>
<b>Routine vaccinations:</b>	Annual vaccinations against the flu are recommended. Check every year with your doctor.

**If you smoke, quit! If you don't smoke, don't start!** 