

# 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)* <small>*Ask your doctor if you should aim for a target of (&lt;130/80).</small>				
Weight				
Foot exam				
Review meal plan				
Review activity level				
Discuss questions or concerns				
<b>Every three to six months:</b>				
A1C blood test (<7%)				
<b>Every year:</b>				
Physical exam				
Dilated eye exam				
Complete foot exam				
Cholesterol Total				
HDL (men >40, women >50)				
LDL (<100)				
Triglycerides (<150)				
Urine test for protein				
Flu shot				
<b>Ask your doctor about:</b>				
	<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				

*This document is for general information only and is not intended as a substitute for professional medical care.*

