

Diabetes Health Record

Discuss these *Basic Guidelines for Diabetes Care* with your diabetes care provider and use this to record your results. Fold to fit into your wallet.

Take charge of your diabetes!

Review Blood Sugar Records (every visit) Target (pre-meals):	Date:				
Blood Pressure (every visit) Target:	Date:				
	Value:				
Weight (every visit) Target:	Date:				
	Value:				
Foot Exam (every visit)	Date:				
A1C Blood test to measure past 3 mos. blood sugar level (every 3 months) Target:	Date:				
	Value:				
Microalbuminuria Urine kidney test (every year) Target:	Date:				
	Value:				
Dilated Eye Exam (every year)	Date:				
Dental Exam (every six months)	Date:				
Blood tests to measure "fats" important to heart disease					
Cholesterol (every year) Target:	Date:				
	Value:				
Triglycerides (every year) Target:	Date:				
	Value:				
HDL / LDL (every year) Target:	Date:				
	Value:				
Flu Shots (every year)	Date:				
Pneumonia Vaccine (at least once/ask Dr.)					
Other					

Discuss these issues regularly with your health care provider to improve your diabetes management skills:

- Smoking Counseling
- Medications
- Nutrition Therapy
- Physical Activity
- Weight Management
- Complications
- Aspirin Therapy
- Hypoglycemia (low sugar)
- Hyperglycemia (high sugar)
- Sick Day Rules
- Psychosocial Issues
- Pre-pregnancy Counseling
- Pregnancy Management
- Dental Exams, twice yearly

If you smoke and want to quit, call the California Smoker's Helpline
1-800-NOBUTTS or 1-800-662-8887

Note: You may require other tests that are not listed.

Diabetes Health Record

Your Name

Diabetes Care Provider

Diabetes Care Provider Telephone

Medical Record Number

All people with diabetes need to learn diabetes self-care skills.

Take Charge of Your Diabetes!

All people with diabetes need to be actively involved in managing their diabetes. Do you know what tests you need to take care of your health and help you manage your diabetes? The *Diabetes Health Record* will help you keep track of the basic tests you need and how often you need them. It will also help you to record and remember the results of these tests.

The Diabetes Health Record is based on the *Basic Guidelines for Diabetes Care* developed by the Diabetes Coalition of California, in collaboration with the California Diabetes Program, American Diabetes Association, and the Juvenile Diabetes Research Foundation International.



Juvenile Diabetes Research Foundation International

The Basic Guidelines for Diabetes Care, Diabetes Health Record (in multiple languages) and the *Take Charge!* training tools can be downloaded at:

www.caldiabetes.org

(916) 552-9888

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