

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

Diabetes Health Record

NAME

DIABETES CARE PROVIDER

DIABETES CARE PROVIDER TELEPHONE

I HAVE DIABETES

I AM NOT DRUNK. If I am unconscious or acting strangely, I may have low blood sugar.

EMERGENCY TREATMENT – I need sugar immediately.

If I am able to swallow, give me fruit juice, a non-diet soft drink, candy, or table sugar.

If I cannot swallow or do not recover within 15 minutes, call 9-1-1 for medical help and tell them I have diabetes.

Discuss these topics regularly with your diabetes care provider:

- ◆ **Blood Glucose Monitoring**
- ◆ **Hypoglycemia (low sugar)**
- ◆ **Hyperglycemia (high sugar)**
- ◆ **Cholesterol**
- ◆ **Blood Pressure**
- ◆ **Medications**
- ◆ **Weight Management**
- ◆ **Daily Foot Checks**
- ◆ **Physical Activity**
- ◆ **Sick Day Care**
- ◆ **Managing Stress**
- ◆ **Medical Nutrition Therapy**
- ◆ **Smoking Cessation Counseling**
- ◆ **Pre-pregnancy Counseling**
- ◆ **Pregnancy Management**
- ◆ **Complications**

Take Charge of Your Diabetes with the Diabetes Health Record

All people with diabetes need to be actively involved in managing their diabetes. The Diabetes Health Record will help you keep track of the basic tests you need and how often you need them. **Note: You may need other tests that are not listed.**

The Diabetes Health Record is based on practice recommendations adopted by the Texas Diabetes Council, as well as the American Diabetes Association's "Standards of Medical Care in Diabetes - 2008," and the Advisory Committee on Immunization Practices (ACIP).

For more information about standards for diabetes care, visit the Texas Diabetes Council web site at www.texasdiabetescouncil.org. Additional copies of the Diabetes Health Record can be obtained by calling (512) 458-7490.

See other side

Basic Guidelines for Diabetes Care

Discuss these topics with your diabetes care provider and use this card to record your results.

Remember: Take charge of your diabetes

	Date of Visit	Date of Visit	Date of Visit	Date of Visit
Weight (every visit) Target: BMI less than 25	Wt	Wt	Wt	Wt
	BMI	BMI	BMI	BMI
Blood Pressure (every visit) Target: less than 130/80				
Check blood sugar records (every visit) Target: Fasting 100 or less 2 hours after meal 140 or less				
A1c (every 3-6 months) blood test to measure past 3 months blood sugar Target: 6.0 % or less, if possible				
Triglycerides (every year) Target: less than 150				
HDL Cholesterol (every year) Target: more than 40				
LDL Cholesterol (every year) Target: less than 100 (less than 70 with heart disease)				
Urine kidney tests a) Microalbumin Type 2 - every year Type 1 - after 5 years from diagnosis, then every year Target: less than 30 b) GFR - ask doctor				
Dental Inspection (as needed)				
Dental Exam (every 6 months)				
Foot Inspection (every visit)				
Foot Exam (every year)				
Dilated Eye Exam (every year)				
Medical Nutrition Therapy (initial & as doctor recommends)				
Lifestyle Counseling (physical activity, nutrition, alcohol reduction & tobacco cessation)				
Diabetes Education (initial & as doctor recommends)				

Adult Immunizations	Date
• Flu Shot (every year)	
• Tetanus, diphtheria, pertussis (every 10 years)	
• Pneumonia vaccine (ages 19-64 1-2 times) (age 65 or older once)	
• Zoster (Shingles) vaccine (age 60 or older once)	
• Hepatitis vaccine – ask doctor	
Childhood Immunizations – ask doctor	