




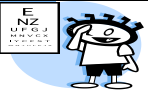






Name: \_\_\_\_\_

MR: \_\_\_\_\_

Date: \_\_\_\_\_

Recommended Diabetes Tests & Targets		Recommended	Last completed	Need completed	Reason for test or exam
<b>%HbA1c</b> (average 3 mos) Generally <7% <b>My goal:</b>		Every 3-6 months			Average blood sugar control over last 3 mos
<b>Blood Pressure:</b> <140/80		Every visit			Lowers risk for heart attack or stroke
<b>Lipids:</b> Total: <200 Triglycerides: <150 HDL: >40 men >50female LDL: <100		Yearly			Lowers risk for heart attack or stroke
<b>Kidney test</b> Urine microalb/cr <30 Serum creatinine: F<1.1- M <1.3 eGFR: >59		Yearly			Detects early signs of kidney disease
<b>Immunizations</b> - Flu: -Pneumonia: -Hep B series: 0, 1, 6 mon		-Yearly -1-2 x in lifetime - 1 series in a lifetime			-Protects against Influenza viruses -Pneumonia -Hepatitis B
<b>Dilated Eye Exam:</b>		Yearly			Detects early signs of diabetic eye problems
<b>Foot Exam:</b>		Every visit			Detects changes in sensation/risk of foot problems
<b>Weight:</b> BMI: <25 <b>Meal Plan:</b> <b>Exercise Plan :</b> <b>Quit Date if Smoking:</b>	  	Every visit			Healthy lifestyle reduces heart disease risk factors <b>Lifestyle is the foundation of diabetes care</b>

Medications	Before Breakfast	Before Lunch	Before Dinner	Bedtime

My Goals: \_\_\_\_\_