DIABETES HEALTH RECORD

Name

Diabetes Care Provider

Diabetes Care Provider Telephone

Discuss these topics regularly with your diabetes care provider:

Blood Glucose Monitoring
Hypoglycemia (low sugar)
Hyperglycemia (high sugar)
Cholesterol
Blood Pressure
Medications
Weight Management
Physical Activity
Sick Day Care
Managing Stress
Smoking Cessation Counseling
Pre-pregnancy Counseling
Pregnancy Management
Complications

If you smoke and want to quit, call the Alabama Tobacco Quitline
1-800-QUITNOW 1-800-784-8664 www.quitnowalabama.com
Note: You may require other tests that are not listed

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 test 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 practice recommendations from the American Diabetes Association Standards of Medical Care in Diabetes-2018.

For additional diabetes resources:
www.alabamapublichealth.gov/diabetes
334-206-5893

Alabama Diabetes
PROGRAM

BASIC GUIDELINES FOR DIABETES CARE

Discuss these topics with your diabetes care provider and use this care to record 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 BMI	Wt BMI	Wt BMI	Wt BMI
Blood Pressure (every visit) Target: less than 130/80				
Check blood sugar records (every visit) Targets Fasting 100 or less 2 hours after meal 140 or less				
A1c (every 3-6 months) Target: 7% 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 Microalbumin: Type 2 - every year, Type 1 - after 5 years from diagnosis, then every year Target: less than 30				
Dental Inspection (as needed)				
Dental Exam (every 6 months)				
Foot Inspection (every visit)				
Foot Exam (every year)				
Medical Nutrition Therapy (initial & as doctor recommends)				
Lifestyle Counseling (as doctor recommends)				
Diabetes Education (as doctor recommends)				
Flu Shot (every year)				
Pneumonia Vaccine (at least once/ask doctor)				