

I Have Diabetes

Name: _____

If I am unresponsive, call 911

Doctor: _____

Diabetes Educator: _____

Dietitian: _____

Pharmacist: _____

Foot Doctor: _____

Eye Doctor: _____

Dentist: _____

fold here

Diabetes Control is Prevention

Recent research has shown that keeping blood glucose levels as close to normal as possible can slow the onset and progression of eye, kidney, and nerve disease cause by diabetes. You need to take control of your diabetes, before your diabetes takes control of you.

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

fold here first

You can take better care of yourself by:

- √ Stopping smoking
- √ Eating less fat
- √ Eating 5 fruits and vegetables a day
- √ Staying at a healthy weight
- √ Becoming more active
- √ Testing blood sugar regularly
- √ Learning all you can about diabetes
- √ Taking off your shoes and socks at each visit for a foot exam by your physician

For more information about diabetes, call

**American Diabetes Assoc.
1-888-DIABETES
Juvenile Diabetes Foundation
1-800-JDF-CURE**



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Diabetes Health Card

This is a guide to help you keep a record of your diabetes care. Talk to your health care provider about these items. Use this card to record your results.

Remember: Take charge of your diabetes.

Tests (how often)	Goal	Results			
DATE					
Review daily blood glucose record (each visit)					
Review medications (each visit)					
HbA1c (every 3-6 mos)					
Blood Pressure (each visit)					
Weight (each visit)					
Foot Exam (each visit)					
Yearly Exams	Goal	Date / Results			
Total Cholesterol					
Triglycerides					
HDL / LDL					
Microalbuminuria					
Physical Exam					
Dental Exam					
Dilated Eye Exam					
Flu Shot					
Pneumococcal (per MD)					
Have you reviewed with your doctor or diabetes educator at least once in the past year?					
Meal Plan					
Complications					
Foot Care					
Tobacco Use					
Exercise Plan					
Sick Day Management					
Stress Management					

**Diabetes is serious, but controllable.
Take control of your diabetes.**

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