

My Diabetes Care Plan

Name:

Date:

Doctor or Medical Provider:

Phone:

I will ask my doctor or medical provider about the ABC's of Diabetes Control:

- Aspirin and A1c
- Blood Pressure
- Cholesterol

American Diabetes Association's Recommended Goals Are:

Blood Sugar: A1c less than 7%

Blood Pressure: 130/80 or less

Bad cholesterol: LDL less than 100

Flu Shot: every fall;

Pneumovax (once in my lifetime)

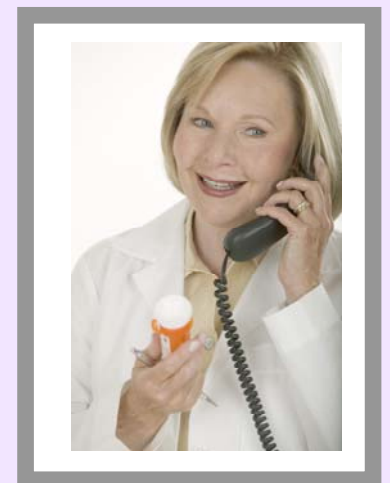
I will keep track of **my** goals and numbers on my diabetes wallet card.

I will call my doctor or health care provider **TODAY** if:

1. I have changes in my feet (redness or sores).
2. I feel burning when I go to the bathroom (urine).
3. I feel thirsty or need to go to the bathroom often.
4. I need to take a new over the counter medication.

I will call 911 or go to the emergency department if:

5. I feel dizzy or confused.
6. I have chest pain or tightness.
7. I feel weak or tingling.
8. I have changes in my vision or speech.
9. Other:



Checklist

Things to do every day:

- Test my blood sugar and write it down in my logbook.
- Check my feet for sores. Wear comfortable, supportive shoes. Make sure they fit.
- Take my medicines as my doctor tells me.
- Take care of my teeth and gums.
- Wear diabetes identification.
- Follow a healthy meal plan.
- Get some physical activity. It will help my insulin to work better.



Things to do once a year:

- Visit an eye doctor for a complete eye exam.
- Visit a dentist at least once a year.
- Get a flu shot.
- Have my blood fats tested (called a lipid screen).
- Have my urine checked for protein (called a microalbumin screen).
- Visit a foot doctor for a complete foot exam.



Things to do for my doctor visits:

- Bring a list of my questions to my appointment.
- Bring a list of my medications (or all the bottles), including vitamins.
- Take my blood sugar logbook with me.
- Ask about my A1c level and set a goal for my next visit.
- Take off my shoes and socks and have my doctor check my feet.
- Have my blood pressure checked.
- Set new goals for healthy eating and physical activity.

Healthy Eating Goal:

Physical Activity Goal: