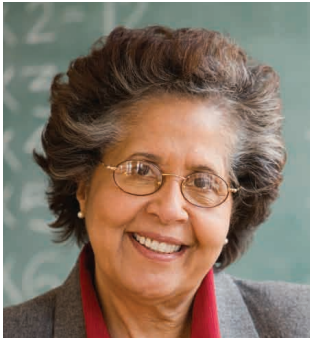


Checkbook for Diabetes Health



All about your checkbook

Diabetes can be hard to manage. This checkbook can help you know what tests you need and how often you should have them. It also helps you keep track of tests you have had. This way, you can be active in taking steps to stay healthy.

This Checkbook Belongs to

Name: _____

Phone
Number: () _____

How to Use the *Checkbook for Diabetes Health*

- Bring this checkbook to all visits with your healthcare provider (HCP)
- Write your test results in the spaces on pages 9 through 12
- Use your results to talk about your treatment plan with your healthcare team

Diabetes can affect many parts of your body, such as your heart, eyes, and feet. Getting regular medical tests can help you and your HCP manage your diabetes to help prevent complications (problems) or find them early when most treatable.

The American Diabetes Association (ADA) recommends these tests.*

Test	How test is done	Learn more here
Tests to have every visit		
Blood pressure	Cuff wrapped around the arm	Page 4
Foot check	Examined by HCP	Page 8
Tests to have 2-4 times per year		
A1C	Blood test	Page 3
Tests to have every year		
Cholesterol (blood fats)	Blood test	Page 5
Comprehensive eye exam	Dilated eye exam	Page 6
Microalbumin screen and serum creatinine for kidneys	Urine test Blood test	Page 7
Comprehensive foot exam	Examined by HCP	Page 8

*ADA. Standards of medical care in diabetes. Diabetes Care. 2009; S32-S37.

Keeping your blood glucose close to normal is important. Be sure to check your blood glucose daily as your HCP directs. Have A1C tests to see how your blood glucose has been controlled over the past few months. A high A1C level is linked to a greater chance of diabetes health problems, such as problems with your eyes or kidneys.

Talk with your HCP. He or she can best tell you what you should be doing and what targets are right for you.

Help manage your blood glucose by:

- Checking your blood glucose
- Staying physically active
- Eating the right foods and portion sizes
- Taking medicines

Target blood glucose values per ADA

.....
Your target

A1C: _____
less than 7%
for patients in general

Blood glucose before eating: _____
70–130 mg/dL

Blood glucose 1–2 hours after eating: _____
less than 180 mg/dL

Having high blood pressure raises your risk for heart disease, stroke and other health problems.

Talk with your HCP about which steps are right for you.

You may be able to help manage your blood pressure if you:

- Stay at a healthy weight
- Get regular physical activity
- Eat less salt
- Take medicines as your HCP recommends
- Check your blood pressure regularly



Target blood pressure
values per ADA

Less than **130** mmHg

Less than **80**

Talk with your
HCP about the target
that's right for you.

Your target

Problems with cholesterol (blood fats) raise your risk for heart disease. Managing cholesterol can help lower the risk.

There are 3 kinds of cholesterol to have tested:

- **LDL cholesterol.** This is known as “bad” cholesterol. It can clog arteries and cause heart problems
- **HDL cholesterol.** This is known as “good” cholesterol. It may *lower* your risk for heart attack
- **Triglycerides.** High amounts of this fat are often found in people with diabetes

Talk to your HCP about the right targets for you.

Target lipid values per ADA

Your targets

LDL: _____
less than 100 mg/dL

HDL: _____
more than
40 mg/dL (men)
50 mg/dL (women)

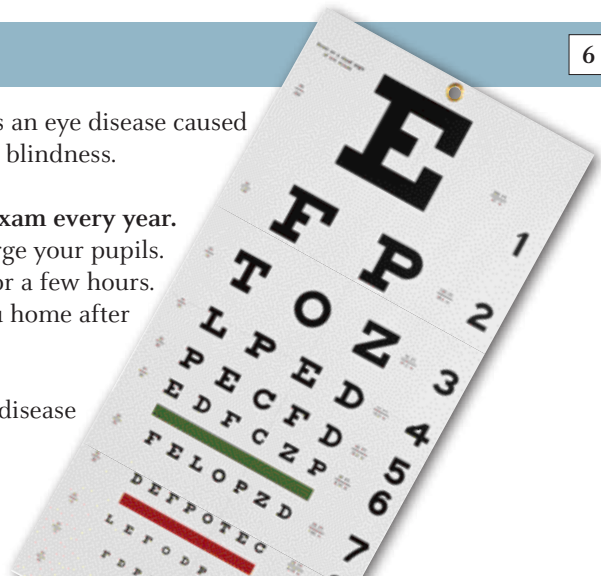
Triglycerides: _____
less than 150 mg/dL

Checking your eyes

Diabetic retinopathy (ret-in-OP-uh-thee) is an eye disease caused by diabetes. It can lead to loss of sight or blindness.

You should have a comprehensive eye exam every year. For this exam, eye drops are used to enlarge your pupils. This will cause your vision to be blurry for a few hours. You may need to have someone drive you home after your exam.

You can help lower your risk for this eye disease by controlling your blood glucose levels.



Diabetes can cause kidney problems. This means that your kidneys cannot clean your blood properly. A special urine test (microalbumin) can find early signs of kidney damage. A second test to check kidney function is a blood test called *serum creatinine*.

**To help protect your kidneys,
your HCP may suggest that you:**

- Control your blood pressure
- Control your blood glucose

Target urine protein
values per ADA

less than

30 mcg/mg
creatinine

Talk with your
HCP about the target
that's right for you.

Your target

People with diabetes can develop problems with their feet. If a problem gets very serious, it can lead to amputation. Your HCP must check your feet to see if you have foot problems or if you are at risk for them.

Help take care of your feet by:

- Keeping blood glucose levels close to normal
- Washing and drying your feet every day
- Using a mirror daily to check for cuts or other problems
- Wearing socks and shoes at all times
- Asking your HCP if you need to see a foot care specialist or wear special shoes

The foot exam

The HCP will check for *feeling or numbness in your feet*, as well as *blood flow*. The HCP will also look for sores or cuts on your feet.

Bring this checkbook to each visit with your HCP. Write your test results in the spaces below. Compare these results with the targets your HCP set with you.

Test results for: _____
(year)

Results from each visit

Test	Target*	Visit 1	Visit 2	Visit 3	Visit 4
		Date: _____	Date: _____	Date: _____	Date: _____
Tests to have 2-4 times per year A1C	Less than 7% for patients in general				
Tests to have every visit Blood pressure	Less than 130/80 mmHg				
Feet	Examination at each visit				
Weight					

* Targets vary. Ask your HCP what target is best for you.

YEARLY test results for:

(year)

Bring this checkbook to each visit with your HCP. Write your **yearly** test results in the spaces below. Compare these results with the targets your HCP set with you.

Results from YEARLY tests

Test	Target*	Date/Result
Cholesterol (blood fats)		
LDL	Less than 100 mg/dL	
HDL	More than 40 mg/dL (men) More than 50 mg/dL (women)	
Triglycerides	Less than 150 mg/dL	
Kidneys		
Microalbumin screen	Less than 30 mcg/mg creatinine	
Serum creatinine	Check with your HCP	
Comprehensive eye exam	Dilated eye exam	

* Targets vary. Ask your HCP what target is best for you.

Bring this checkbook to each visit with your HCP. Write your test results in the spaces below. Compare these results with the targets your HCP set with you.

Test results for: _____
(year)

Results from each visit

Test	Target*	Visit 1	Visit 2	Visit 3	Visit 4
		Date: _____	Date: _____	Date: _____	Date: _____
Tests to have 2-4 times per year A1C	Less than 7% for patients in general				
Tests to have every visit Blood pressure	Less than 130/80 mmHg				
Feet	Examination at each visit				
Weight					

* Targets vary. Ask your HCP what target is best for you.

YEARLY test results for:

(year)

Bring this checkbook to each visit with your HCP. Write your **yearly** test results in the spaces below. Compare these results with the targets your HCP set with you.

Results from YEARLY tests

Test	Target*	Date/Result
Cholesterol (blood fats) LDL	Less than 100 mg/dL	
HDL	More than 40 mg/dL (men) More than 50 mg/dL (women)	
Triglycerides	Less than 150 mg/dL	
Kidneys Microalbumin screen Serum creatinine	Less than 30 mcg/mg creatinine Check with your HCP	
Comprehensive eye exam	Dilated eye exam	

Important Information

Use the spaces below to write out the **names and phone numbers** of the people on your healthcare team.

Healthcare Team	Name	Phone Number
Primary Care doctor		
Diabetes educator		
Endocrinologist (Diabetes doctor)		
Ophthalmologist (Eye doctor)		
Podiatrist (Foot doctor)		
Pharmacist		

Use the space below to write a list of all the **medicines and other products you take** for your health.

- Bring this checkbook to all visits with your HCP
- Write your test results in the checkbook
- Ask your HCP about changes to your treatment plan based on your test results
- Keep working with your healthcare team to make progress toward your targets

Sticking with these steps can help you stay healthy.

You're not alone. Everyone on your healthcare team is here to help you learn more about managing your diabetes.



For more information, contact:

American Diabetes Association
www.diabetes.org

National Diabetes Information Clearinghouse
diabetes.niddk.nih.gov

American Association of
Diabetes Educators
www.diabeteseducator.org

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Answers That Matter.