

Below you will find some tests that may be performed when you attend your diabetes review, and an explanation of why they are important

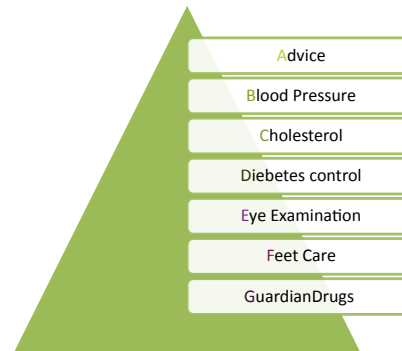
Name

Remember : All members of the diabetes team are here to help. It may take some time to reach targets that you are aiming for.

Remember : As you reach your targets the chances of developing serious complications of diabetes will be reduced.

	Target	Results	Results	Results	Comments / Questions
<p>ADVICE:</p> <p>Diet and exercise – Healthy eating and regular exercise are essential for long term health.</p> <p>Smoking – Most complications of diabetes are worsened by smoking.</p> <p>Weight:</p> <p>BMI:</p> <p>Attend an education group and learn as much as possible about your diabetes.</p>					
<p>BLOOD PRESSURE (BP):</p> <p>It is important that your blood pressure is checked regularly, as high blood pressure can cause heart disease and strokes.</p>					
<p>CHOLESTEROL:</p> <p>Too much fat can raise your cholesterol causing heart disease.</p>					
<p>DIABETES CONTROL:</p> <p>HbA1c - This measures the amount of glucose sticking to your blood over the last 60 days. Higher the HbA1c percentage, higher the blood glucose levels.</p>					
<p>EYES:</p> <p>It is important your eyes are examined annually. Poor diabetes control can damage your eyes.</p>					
<p>FEET:</p> <p>Examine your feet daily for any cuts and wounds. It is vital that extra care is taken of your feet to keep them as healthy as possible.</p>					
<p>GUARDIAN DRUGS:</p> <p>Some drugs in addition to your medication can help reduce your risk of diabetes complications.</p>					

Medication	For



Glucose Meter	
Insulin	Yes/ No
Insulin delivery device and needle size	

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SATRANG

Your Diabetes Care Plan

- Your diabetes should not prevent you living a normal, healthy life.
- The more you learn about your diabetes, the easier it will be for you to follow the plan.
- The diabetes team is here to help you learn about your condition and look after yourself.
- It is essential that you understand the importance of diabetes control.
- Your targets will be discussed at your appointment.

Please ask if there is anything that you feel has not been explained properly to you.

Advice : Exercise, diet, not smoking, education
Blood Pressure : Aim for less than 130/80 mmHg
Cholesterol : Less than 4 mmol/l
Diabetes Control : HbA1c% 7.0% or 53 mmol/mol
Eyes : Check yearly at least
Feet : Check yearly at least
Guardian Drugs : Some drugs given in addition to your medication to reduce complications