

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

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

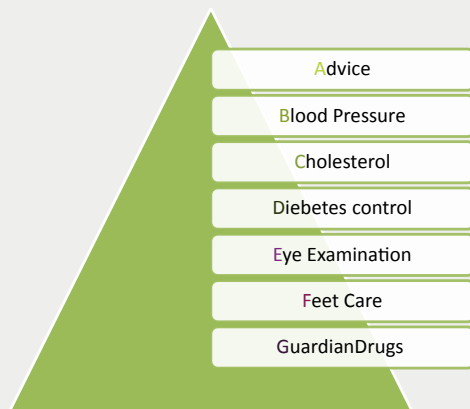
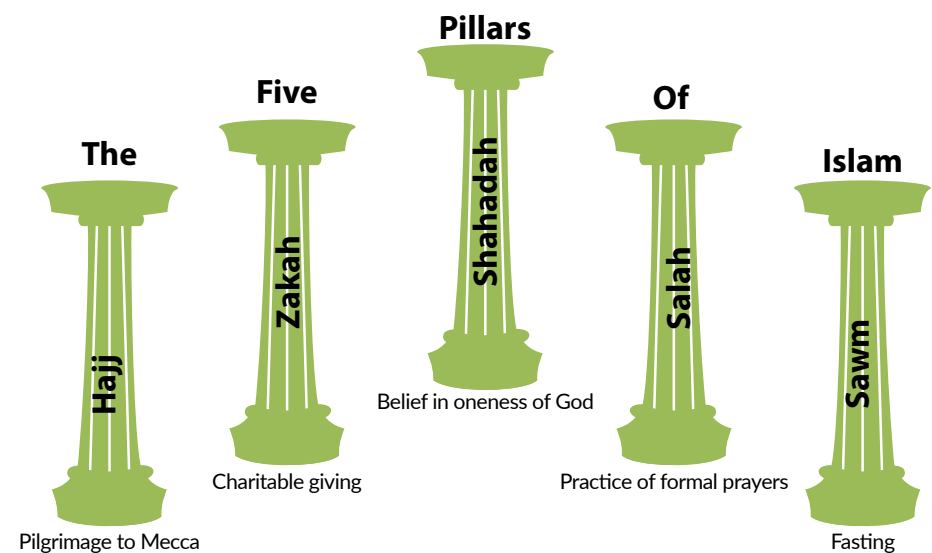
**Remember :** As you reach your targets the chances of developing serious complications of diabetes will be reduced.

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

# Treatment during the holy month of Ramadan

Current Treatment	Ramadan
S E H R I	
I F T A R	

## Fasting Safely During Ramadan Ramadan Diabetes Care Plan



**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