

## Your Diabetes Health Check

We can help you manage your diabetes most effectively when we see you regularly and review your health.

If your diabetes is well controlled, you will need a review with us twice a year, but more often if your diabetes is not so well controlled.

## What we check at each visit

### Your first visit with us

- Your health history
- Your goals for improvement and care

### Every 6 months

- Blood pressure
- Weight / BMI
- Feet check

### Every 12 months

- HbA1c
- Cholesterol, triglycerides, HDL / LDL
- Kidney check
- Review of your medication, diet, exercise and smoking status

### Every 2 years

- Eye examination

### In between visits

You may see the GP and / or Practice Nurse for additional health checks, support and education about managing your diabetes. You may also be referred to other health providers for additional services (*eg. specialist endocrinologist, dietitian, podiatrist, exercise physiologist.*)

## Your results

We encourage you to be actively involved in the management of your diabetes. It is important to know your measurements and have clear goals on how to keep yourself healthy.

When your next diabetes review is due, we will give you a reminder (phone call or letter).

## Your Diabetes Care Team

Name	Phone Number
GP:	
Nurse:	
Specialist:	
Podiatry:	
Dietitian:	
Optometrist/Ophthalmologist:	
Pharmacist:	
Other:	
Other:	

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# Annual Cycle of Care

for people living with diabetes

Place your business card here

# Managing your Diabetes

The 'Diabetes Annual Cycle of Care' ensures that all the necessary checks to manage your diabetes are up to date. This is a great way to prevent complications and to meet your healthcare needs.

## What's included over the year?

### Blood tests

#### HbA1c

Date				
Result				

Goal: < 7% ( $\leq 53\text{mmol/mol}$ )

This blood test gives an average of your blood sugar measurements over the past 3 months. It is given as a percentage which is not the same as your home blood glucose measurements. *This should be checked at least every 12 months but preferably every 3-6 months.*

#### Total Cholesterol

Date				
Result				

Goal: < 4.0 mmol/l

Cholesterol and blood triglycerides are fatty substances found in the blood. The body makes all of the cholesterol it needs, however some cholesterol also comes from foods.

*You need to fast for 10 hours before having your cholesterol checked. Cholesterol levels should be checked at least every 12 months but if levels are high, then every 3 months.*

#### LDL Cholesterol

Date				
Result				

Goal: <2.0 mmol/l

This is also known as 'bad cholesterol'. It is associated with plaque formation inside arteries which increases the risk of heart disease and stroke.

#### HDL Cholesterol

Date				
Result				

Goal: > 1.0 mmol/l

This is also known as 'good cholesterol' and may help reduce your risk of cardiovascular disease.

#### Triglycerides

Date				
Result				

Goal: < 2.0 mmol/l

Raised triglycerides may increase your risk of heart disease.

### Kidney Care

Date		Result
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Goal: Check yearly

Protein in the urine is a sign of impaired kidney function. Early detection and treatment can reduce the risk of further damage to the kidneys. This test will involve a urine sample and a blood test and should be done **once a year** unless a problem is detected.

### Blood Pressure

Date				
Result				

Goal: Less than 130/80 mm Hg

Good blood pressure control will reduce your risk of heart attack, stroke, kidney disease and vision impairment. It should be checked **every 6 months** by the GP or practice nurse or more frequently if you are on blood pressure medication.

### Eye Care

Date		
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Goal: Check every 2 years

People with diabetes are at increased risk of eye problems including refractive errors, retinopathy, cataracts and maculopathy. It is important to have regular eye checks by your GP and to be referred to an optometrist or ophthalmologist **at least once every 2 years**.

### Foot Care

Date		
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Goal: Check every 6 months

Checking your feet daily is essential. Look for cuts, calluses, blisters. It is also necessary for your feet to be checked for circulation and sensation **every 6 months** by the practice nurse, doctor or a podiatrist.

### BMI & Weight

BMI		Weight
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Goal:

**BMI:** range of 20-25

**Waist circumference:**

Women: less than 80cm

Men: less than 94 cm

It is important to maintain your body weight within a healthy range for your age and height. This is determined by your **Body Mass Index** (BMI = weight kg / Height m<sup>2</sup>) and your **waist circumference**.

### Diet & Exercise

Date		
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Goal: Maintain a healthy diet and regular exercise

A healthy diet low in fat, rich in fibre and low GI foods will help maintain good nutrition, stable blood sugar levels and healthy weight. Combined with regular exercise, this will help to improve metabolic control, increase weight loss and reduce cardiovascular risks.

### Smoking

Currently smoking?		How many per day?
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Goal: Quit smoking

Smoking increases your risk of developing macrovascular complications eg. blocked arteries.