

**Diabetes self-care** means you are in charge of making healthy choices every day to help keep blood sugar levels as close to normal as possible.

For more information about diabetes

**Call 1-800-860-8747**

National Diabetes Clearinghouse



F- 49357 (12/2013)

## Diabetes Healthcare Team

### NAME

Primary Care Provider

Diabetes Specialist

Dietitian

Diabetes Educator

Eye Doctor

Foot Doctor

Heart Doctor

Dentist

Pharmacy

## I have Diabetes:

**I may be having a low blood sugar reaction to insulin or diabetes pills.**

**If I cannot be awakened or cannot swallow**, do not try to give me anything to eat or drink, **CALL 9-1-1**.

**If I am awake but acting strangely**, give me some regular soda, juice, milk, table sugar, or honey. If I do not get better after 15 minutes, **CALL 9-1-1**.

## Personal Diabetes Care Record

Take this card to all your healthcare appointments.

Name:

Address:

Telephone number:

In an emergency, contact:

# Personal Diabetes Care Record

	Goal	Date	Date	Date	Date
<b>LAB/OTHER TESTS</b>	A1C <seven percent - individualized every three to six months				
	Fasting Lipid Panel - yearly				
	Total Cholesterol <200 mg/dL				
	Triglycerides <150 <b>or</b> <100 mg/dL (circle)				
	LDL <70 <b>or</b> <100 mg/dL (circle)				
	HDL ≥40 mg/dL men ≥50 mg/dL women				
	Albumin-to-creatinine ratio <30 mg/g - yearly Serum creatinine to estimate kidney function (eGFR) - yearly	/	/	/	/
TB test - per healthcare team					
<b>EXAMS</b>	Dilated Eye Exam - yearly				
	Dental Exam - every six months Teeth and Gums Check - every visit	/	/	/	/
	Foot Check - visual check every visit Complete Foot Exam - yearly	/	/	/	/
	Diabetes Visit - every three to six months				
	Complete Physical Exam - yearly				
	Blood Pressure <140/80 mmHg - check each visit				
	Emotional/Sexual Health - discuss each visit				
	Weight - discuss each visit				
	Tobacco Use - discuss each visit				
	<b>SHOTS</b>	Flu shot - each fall			
Pneumonia shot/Hepatitis B series - once					
<b>EDUCATION</b>	Physical Activity Level - discuss each visit				
	Registered Dietitian -at diagnosis, for three to four visits over three to six months, then annually				
	Self-Management Education - at diagnosis every six to 12 months or as needed				
	Home Blood Sugar Testing - review each visit				

This record is based on the 2012 Wisconsin Diabetes Essential Care Guidelines. Developed by the Wisconsin Diabetes Advisory Group and the Diabetes Prevention and Control Program, Division of Public Health, Wisconsin Department of Health Services.