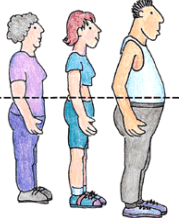


keeping track of your diabetes health

*Ask your diabetes educator for a copy of "my clinic | my diabetes" to record your personal values.

Control Your ABC's	Target Range	Frequency
A1C A blood test that measures your average blood sugar control for the previous 3 months.	≤7.0 (%)	Every 3 months
Blood Pressure The pressure blood puts on the wall of the blood vessel.	<130/80 (If kidney damage - <125/75)	Every 3 months
Cholesterol Profile LDL Cholesterol (Bad cholesterol) Cholesterol:HDL Ratio Triglycerides (A type of fat that moves in the blood)	<2.0 <4.0 <1.5	Annually
Fasting Blood Sugar Measures the amount of sugar in the blood after an 8 hour fast. Usually done in the morning before breakfast	4.0 -7.0	Every 3 months
2 hr. Post-Prandial Measures the amount of sugar in the blood 2 hours after eating a meal.	5.0 – 10.0 5.0 - 8.0 (if A1C>7%)	2 hours after meal
Microalbumin/Creatinine Ratio (UACR) A urine test to detect early signs of kidney damage.	<2.0	Annually *MORE OFTEN IF ABNORMAL
Weight Waist Circumference 	If you are overweight, decreasing your waist circumference and/or losing 5-10% of your current weight can help you better control your diabetes health	
Lab/Meter Comparison To check that your blood glucose meter is working correctly.	Within a 15% range	Annually
Foot Exam Conscientious foot care to prevent the long term complications associated with diabetes	Healthy Feet	Daily
Neuropathy Screen Evaluation of light touch using a 10-g monofilament and vibration sense of great toe	Able to sense 10-G monofilament Reflexes present	Annually
Eye Exam Screening for retinopathy which over time can cause partial or complete loss of vision	Dilated eye exam	Type 1. Start 5 yrs after diagnosis & then annually. Type 2. Start at diagnosis & screen every 1-2 years
Flu Vaccine To reduce the risk of further health complications	Flu Prevention	Annually



reduce your risk of diabetes complications



1 | cholesterol & heart disease

- Having low cholesterol leads to better survival in patients with diabetes.
- A very large study that included people with diabetes was able to show that regardless of the starting cholesterol level, adding one of the cholesterol-lowering medications was able to reduce heart attacks by a further 28%. Your doctor will determine your cholesterol targets after assessing your level of risk.
- **Bottom Line:** we recommend a cholesterol-lowering medication to all patients with diabetes, together with lifestyle modifications.

2 | blood pressure & kidneys

- The target blood pressure for all patients with diabetes is 130/80.
- For patients with any sign of kidney damage present, we aim lower at 125/75 in order to prevent further kidney problems.
- You may need additional blood pressure lowering medication to reach these targets.
- A very large global study recently showed that even with normal blood pressure, using a medicine of the “ACE inhibitor” family (medications ending in “...pril”) also reduces the risk of heart attacks and is thought to improve insulin sensitivity.
- **Bottom Line:** most patients with diabetes, even if they have normal blood pressure should be using an “ACE Inhibitor” or a similar family, “ARB,” medication in addition to their current regimen.

3 | neuropathy & foot care

When you have diabetes, it is important to take care of your feet. High blood sugar levels can eventually lead to poor blood flow and lost of feeling in your feet (neuropathy). This can lead to more serious foot problems.

do:

- Wash and dry your feet everyday, especially between the toes.
- Check your feet for cuts, cracks, bruises, blisters, sores, infections or unusual markings on a daily basis.
- Use a mirror to see the bottoms of your feet if you can't lift them up.
- Check the colour of your legs and feet. If there is swelling, warmth or redness, or if you have pain, see your doctor or foot specialist right away.
- Clean a cut or scratch with mild soap and water and cover it with a dry dressing for sensitive skin.
- Trim your toenails straight across.
- Apply a good skin lotion everyday on your heels and soles. Wipe off any excess lotion.
- See a foot care specialist for advice and education.
- Exercise regularly & always wear a good supportive shoe.
- Buy shoes in the late afternoon (since your feet may have swollen slightly by then).
- Avoid extreme cold and heat.

don't:

- Use over-the-counter medications to treat corns and warts.
- Treat your own in-grown toenails, corns or calluses.
- Apply heat to your feet with a hot water bottle or electric blanket, you could burn your feet without realizing it.
- Soak your feet for extended periods of time (i.e. no more than 20 minutes).
- Take very hot baths.
- Use lotion between your toes.
- Walk barefoot inside or outside.
- Wear tight socks, garters or elastics, or knee highs.
- Sit for long periods of time.
- Smoke-it causes the blood vessels to constrict, which causes long term damage and consequences.