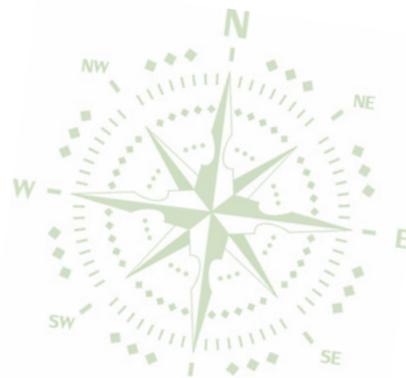


# Your diabetes-focused visit

It is important that certain visits with your healthcare team focus specifically on your diabetes.



## WHAT TO EXPECT

- To be seen **four times a year** for diabetes care.
- Review of recent **laboratory tests**.
- Measurement of your **blood pressure**.
- Examination of your **feet** at least once a year.
- Referral to an **eye** care professional (usually once a year).
- Assessment of your **risk for heart attack and stroke**.
- Conversation about **exercise, food choices, smoking, mood and sexual function**.

## HOW TO PREPARE

- Have **laboratory tests** done prior to your visit.
- Bring **blood glucose records** with you (written down or printed from meter).
- Bring a list of **all medications** including non-prescription drugs and let team know which need to be refilled.
- Write down any **questions** about your diabetes.
- Save any **non-urgent, non-diabetes questions** for another visit. This will ensure that your diabetes gets the full attention it deserves.

## ARE YOU HEADING IN A HEALTHY DIRECTION?

Keeping your blood pressure and certain other measurements **at target** will help you avoid diabetes complications such as heart attack, stroke, and damage to your eyes, nerves and kidneys.

### BLOOD PRESSURE

Should be checked at each diabetes visit.

**Target blood pressure:**      DATE \_\_\_\_\_      MY BLOOD PRESSURE \_\_\_\_\_  
**Less than 130/80**

### CHOLESTEROL

Cholesterol should be measured with a fasting blood test every 1 to 3 years, and after a change in cholesterol treatment.

**Target LDL cholesterol:**      DATE \_\_\_\_\_      MY LDL \_\_\_\_\_  
**2.0 or less**

### A1C

This blood test measures your blood glucose control over three months. Most people with diabetes should have an A1C every three months.

**Target A1C:**      DATE \_\_\_\_\_      MY A1C \_\_\_\_\_  
**7.0% or less**

### ACR

The ACR (albumin/creatinine ratio) is a urine test done once a year to look for kidney damage.

**Target ACR:**      DATE \_\_\_\_\_      MY ACR \_\_\_\_\_  
**Less than 2.0 (males)**  
**2.8 (females)**

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