







My Diabetes Results



Name: _____ Date: _____

Key Diabetes Tests	Goal		My Results	Date
 <p>A1C/Blood Sugar Level A1C check tells you your average blood sugar level for the past three months. Meal planning, physical activity and medicines can help get or keep your blood sugar on target.</p>	<p>Below 7.0</p> <p>Measure every six months if at goal or every three months until goal is reached</p>			
 <p>Blood Pressure High blood pressure can lead to heart attack, stroke, eye problems and kidney disease. Meal planning, physical activity and medicines can help get or keep your blood pressure on target.</p>	<p>Less than 130/80</p> <p>Measure at every office visit</p>			
 <p>Cholesterol Your cholesterol numbers tell you about the amount of fat in your blood. Meal planning, physical activity and medicines can help get or keep your cholesterol on target.</p>	LDL	Below 100		
	HDL	Men: Above 40 Women: Above 50		
	Triglycerides	Below 150		
 <p>Kidney Test The microalbumin test is a test for small amounts of protein in the urine. The results will tell you how well your kidneys are working.</p>	<p>Measure every year</p>			
 <p>Eye exam An eye exam will check the blood vessels in your eyes for early sign of damage that can lead to eye disease and blindness. The eye doctor must put drops in your eyes that dilate your pupils in order to do a thorough exam.</p>	<p>Every year</p>			
 <p>Foot exam Diabetes raises risks of foot injury and infection. It is important to have your feet checked for signs of nerve damage or other problems.</p>	<p>Every visit</p>			

My health improvement goals: