



DIABETES CARE CHECK-LIST

When you have diabetes, it is important to have certain tests done regularly. This record can help you keep track of your test results. Please show this to your healthcare team!

Test	Why	How Often	Desired Goal *	Your Results		
				Date:	Date:	Date:
A_{1c} (HbA_{1c})	HbA _{1c} measures your average blood glucose (sugar) levels for the past 3 months.	<ul style="list-style-type: none"> • Every 3 months. 	≤7%			
Urine for microalbumin (albumin/creatinine ratio)	This test checks for tiny amounts of protein (albumin) in your urine to detect early kidney changes.	<ul style="list-style-type: none"> • Once a year. • More often if you have abnormal results. 	< 2.0 Male < 2.8 Female			
Blood Fats: <ul style="list-style-type: none"> • Total Cholesterol • HDL (good) cholesterol • LDL (bad) cholesterol • HDL/cholesterol ratio 	Having diabetes tends to raise your cholesterol and triglyceride levels, putting you at risk for heart disease and stroke.	<ul style="list-style-type: none"> • Once a year. • More often if you have abnormal results. 	<ul style="list-style-type: none"> • Total: < 4.0 • HDL: > 1.0 • LDL: ≤ 2.0 • Total/HDL Ratio: < 4.0 			
Blood Pressure	Controlling your blood pressure helps to reduce risks of serious health problems such as strokes and kidney disease.	<ul style="list-style-type: none"> • Every 4 to 6 months. • More often if you have abnormal results. 	≤ 130/80			

Other Examinations	Why	How Often	Date of Last Examination		
Eyes <ul style="list-style-type: none"> • Eye examination with dilated pupil. 	To check the blood vessels at the back of the eye (retina) and also to check for glaucoma and cataracts.	Once a year by your optometrist or ophthalmologist (eye specialist)			
Teeth	Having diabetes makes you more prone to gum disease. See your dentist regularly.	Every 6 - 12 months.			
Feet <ul style="list-style-type: none"> • Inspect your feet daily for cuts, bruises, blisters, infection or changes in skin colouring. 	Having diabetes puts you more at risk for problems with circulation and sensation to your feet (e.g. numbness, tingling, pain).	<ul style="list-style-type: none"> • Daily by you. • Once a year by a health care professional. 			
Anxiety or depression	Anxiety and depression are common among people with diabetes.	Periodically by your health care professional.			

If you have any concerns about anxiety, depression, or erectile dysfunction please call your doctor, nurse practitioner, diabetes nurse, dietitian, or pharmacist.