

Diabetes Check-up Log

Date: _____ Name: _____

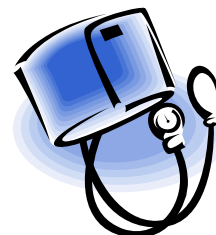
Important Information

Blood Glucose Tests:

- **Blood Glucose**—Amount of sugar in the blood.
- **A1c**—Blood test that tells how high your blood sugar has been during the last 2-3 months.

Blood Lipid (Fat) Tests:

- **Total Cholesterol**—checks total amount of fat in blood.
- **HDL Cholesterol**—“Good Cholesterol” - helps keep arteries and heart healthy.
- **LDL Cholesterol**—“Bad Cholesterol” - high amounts clog arteries.
- **Triglycerides**—Fat in blood. If too high, can cause a stroke or heart attack.



Blood Pressure:

How hard the blood is pushing on the walls of the veins. High blood pressure can lead to heart attacks, strokes, eye and kidney problems.

Kidney Function Tests:

- **Microalbumin (Urine Test)**
- **Serum creatinine (Blood Test)**
- **Glomerular Filtration Rate (GFR) (Blood Test)**
- If the results are high, some damage has been done to the kidneys.

Health Tips & Tests

Weight—Losing 10-15 lbs. can help lower blood sugar levels.

Dilated Eye Exam—The eye care specialist puts drops in your eyes. Your eyes can be checked after the drops open the pupils. This allows a more complete exam to be done.

Foot Exam—Every year your feet should be checked for sensation by a health care specialist. This can save your feet.



Dental Care—Have your teeth cleaned and checked at least every 6 months. Poor care can cause higher blood sugars.

Tobacco Use—If you use tobacco, talk to your doctor about help to quit.

**Ask your health care provider to do these tests and set goals with you.
Record dates and results in the boxes provided.**

Test	Results			
Date				
Blood Glucose Goal: _____				
A1c (Recommended less than 7%) Goal: _____				
Weight Goal: _____				
Blood Pressure (Recommended: less than 130/80 mmHg) Goal: _____				

Ask your doctor to check yearly:

Lab Test	Date	Result
Urine Microalbumin/ Creatinine Ratio		
Serum Creatinine		
Glomerular Filtration Rate (GFR)		
Total Cholesterol (Recommended: less than 200 mg/dl)		
HDL Cholesterol Recommended: More than 40 mg/dl (men) More than 50 mg/dl (women)		
LDL Cholesterol (Recommended: less than 100 mg/dl)		
Triglycerides (Recommended : less than 150 mg/dl)		

Preventive Care		
	Received	Next Due
Dental Exam (once every 6 months)		
Dilated Eye Exam (once a year)		
Flu Shot (once a year)		
Foot Exam (with sensitivity checked)		
Pneumovax (most adults only need this once or twice per lifetime)		

**Lab results may be different
depending on lab test used.
Please discuss results with your
health care provider.**

U.P. Diabetes Outreach Network
*Strengthening Diabetes Care & Prevention in
Upper Michigan since 1985*
(906) 228-9203
www.diabetesinmichigan.org

