Diabetes

Care & Monitoring Diary

Please ensure you bring this booklet to every appointment for diabetes care with either your GP, nurse, diabetes educator, dietician, podiatrist or optometrist.

Thank you!

marathon health

MANAGING YOUR DIABETES – WHAT YOU NEED TO DO

- ✓ Make regular appointments with your **GP and nurse** (about every 3 months) to ensure that you have a current plan for managing your diabetes.
- ✓ Attend appointments with a **diabetes educator** and a **dietician** to ensure that you understand your condition and how to look after yourself.
- ✓ Monitor your **blood sugar levels** and write it down. Show this record to your GP at every appointment.
- ✓ **Eat sensibly**. Eat mostly carbohydrates like fruit, vegetables, legumes, bread and less fatty foods.
- ✓ Participate in regular planned **physical activity**. Aim for at least 30 minutes of moderate intensity exercise on most days of the week.
- ✓ If you smoke, **STOP SMOKING**.
  1 cigarette is 1 too many!
- ✓ If you drink **alcoholic beverages, do so in moderation**.

MANAGING YOUR DIABETES – WHAT YOU NEED TO DO

- ✓ If you have been prescribed medications, **TAKE THEM AS PRESCRIBED**. Do not allow yourself to run out of medications. If you are having trouble paying for medications, talk to your GP or nurse.

- ✓ Check your own **feet** every day, and see your GP or nurse early if you notice any change or problem. Care for your feet: cut your toenails straight, use moisturisers to avoid dry skin, and buy supportive shoes that fit well. If you can't properly see or reach your feet to cut your toenails, ask someone to do it for you.

- ✓ Visit your **optometrist or ophthalmologist** every 1 to 2 years (more often if problems already exist) to check the tiny blood vessels at the back of your eyes. Most people don't notice any problems in their sight until diabetic eye disease is well advanced. Early detection and laser treatment can prevent further damage and loss of vision.

- ✓ Visit your **dentist** regularly — a healthy mouth and well cared-for teeth are important for maintaining good health.

- ✓ Maintain a **positive "stay well" attitude.**

WHY IS THIS MEASURE IMPORTANT?

Blood pressure is the pressure of the blood in the arteries as the heart pumps it around the body. Good management of blood pressure is extremely important in decreasing your risk of stroke, heart attack, kidney disease, eye disease and nerve damage. High blood pressure usually does not cause any symptoms; therefore it is important to have your blood pressure checked regularly.

Being overweight, especially around your waistline, makes it more difficult to manage your diabetes and increases your risk of heart disease. A small weight loss (5 - 10% of body weight) can make a big difference to your health but if you need to lose more weight and can, you should certainly do so.

HbA1c gives us a guide to the average glucose levels in your blood over the last 3 months. Glucose sticks to red blood cells and the more glucose there is in your blood stream, the more glucose sticks to the red blood cells the higher the level. At present the health system is changing the unit of measurement of HbA1c from % to mmol/mol.

Cholesterol is a fatty substance produced naturally by the body and found in our blood. It has many good uses, but can become a problem if there is too much of it.

HDL is known as "good cholesterol". A higher level of HDL helps protect the heart and blood vessels.

LDL is known as "bad cholesterol". Higher levels of LDL increase your risk of heart and blood vessel disease.

Triglycerides are another type of fat found in the blood that increase the risk of heart disease.

People with diabetes are at risk of kidney disease. Kidney disease does not cause symptoms until it is advanced; however, kidney damage can be diagnosed early by detecting ***microalbumin*** (very small amounts of protein) in the urine. If kidney damage is identified early, its progression can be slowed or prevented with appropriate treatment.

GFR - glomerular filtration rate is the best test to measure your level of kidney function and determine if kidney disease is present and at what stage. It is calculated from your blood creatinine test, your age, race, gender and other factors.

TEST	TARGET	DATE	DATE	DATE	DATE
Blood pressure	≤ 130/80mmHg				
Weight Height Waist Circumference Weight loss	kgs cms Male < 94cm Female < 80cm 5-10%				
HbA1c	≤ 7% ≤ 53 mmol/mol				
Total cholesterol	< 4mmol/L				
HDL (good cholesterol) LDL (bad cholesterol)	> 1mmol/L < 2.0mmol/L				
Triglycerides	< 2.0mmol/L				
Microalbumin	< 20mg/L				
eGFR	> 60				

GOAL SETTING FOR

A goal is a target **YOU** want to achieve.

Setting a goal helps you focus on what you want to do and can give you the motivation to both start and continue changing your lifestyle.

Physical Activity	Healthy Eating
Goal	Goal
Moderately physically active	
How much?	How much?
30 minutes	
How often?	How often?
Most days **M T W T F S S**	
When?	When?
How confident are you that you can reach this goal?	How confident are you that you can reach this goal?
1 2 3 4 5 6 7 8 9 10 **Not confident** **Very confident**	**1 2 3 4 5 6 7 8 9 10** **Not confident** **Very confident**

A HEALTHIER YOU

Aiming to make small changes and small goals makes everything seem achievable.

Be confident—rate your confidence.

Identify barriers/obstacles before you begin.

Goal	Goal
How much?	How much?
How often?	How often?
When?	When?
How confident are you that you can reach this goal?	How confident are you that you can reach this goal?
1 2 3 4 5 6 7 8 9 10 **Not confident** **Very confident**	**1 2 3 4 5 6 7 8 9 10** **Not confident** **Very confident**

NOTES FROM APPOINTMENTS

Chronic Disease Management / Practice Nurse:

Date:

Comments:

Diabetes Educator:

Date:

Comments:

Dietician:

Date:

Comments:

Podiatrist:

Date:

Comments:

Foot risk = Low / Intermediate / High

Ophthalmologist / Optometrist:

Date:

Comments:

Dentist:

Date:

Comments:

APPOINTMENTS

DATE	DAY	TIME	WHO

DATE	BEFORE BREAKFAST	2 HOURS AFTER BREAKFAST	2 HOURS AFTER LUNCH	2 HOURS AFTER DINNER	OTHER

Targets for Blood Glucose Levels - Set to meet your needs

Healthy: Fasting before meals - **6-8mmol/l**

You:

Healthy: 2 hours after meals - **6-10mmol/l**

You:

Comments: .....

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Comments: .....

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BATHURST OFFICE
265 Durham Street
PO Box 175 | Bathurst NSW 2795
T 02 6333 2800 | F 02 6332 6648

DUBBO OFFICE
106 Talbragar Street
PO Box 1834 | Dubbo NSW 2830
T 02 6826 5200 | F 02 6884 0198

www.marathonhealth.com.au