

"A-B-C's"	Risk Factor:	Your Goals:
A is for "A1c"	Diabetes Control My Hemoglobin A1c is _____ = average glucose of _____. This measures how your sugars (glucose) have been running in the past 3 months.	<input type="checkbox"/> Hemoglobin A1c goal is _____ <input type="checkbox"/> Pre meal blood sugar target is 80–130 mg/dL <input type="checkbox"/> Peak blood sugar target (2 hours after meal) is less than 180 mg/dL <input type="checkbox"/> Have your A1c checked every 3 to 6 months
B is for "Blood Pressure"	Blood Pressure My blood pressure is <u>129/77</u> This blood pressure goal is very important in preventing the complications of diabetes.	<input type="checkbox"/> Blood pressure goal is less than 140/ 90 <input type="checkbox"/> Have your blood pressure checked at every office visit or as directed by your health care provider.
C is for "Cholesterol"	Cholesterol • Total Cholesterol level is <u>156 (05/17)</u> • Triglyceride level is <u>260</u> • HDL (good) level is <u>28</u> • LDL (bad) level is <u>75</u>	<input type="checkbox"/> Total Cholesterol <u>less than 200</u> <input type="checkbox"/> Triglycerides <u>less than 150</u> <input type="checkbox"/> HDL <u>greater than 50</u> <input type="checkbox"/> LDL <u>less than 100</u> (if high risk heart disease <70) <input type="checkbox"/> Diabetics aged 40–75 should be on a statin.
D is for "Diet"	Diet and Weight Eat a healthy diet moderate in calories to help you maintain a healthy weight. My weight today is: <u>266 pounds</u> My BMI today is: <u>41</u>	<input type="checkbox"/> If you are overweight, losing 5 to 10% of your current weight can improve your blood sugar, blood pressure, cholesterol and overall well-being. 5–10%= <u>13–27pounds</u>
E is for "Eyes"	Unrecognized Diabetic Eye Disease Diabetes is the leading cause of blindness in the U.S. Date of last eye exam _____	<input type="checkbox"/> Get a dilated eye exam by an eye care provider ONCE A YEAR or as directed.
F is for "Feet"	Unrecognized Diabetic Foot Disease Diabetes causes loss of sensation in the feet and poor circulation. Date of last foot exam _____	<input type="checkbox"/> Get a foot exam in your doctor's office ONCE A YEAR. <input type="checkbox"/> Check your feet daily.
G is for "Get Active"	Lack of Physical Activity Increased activity is a natural way of improving your diabetes control and overall health.	<input type="checkbox"/> 30 to 60 minutes of moderate activity per day can help you manage your blood sugar and weight. <input type="checkbox"/> Reduce the amount of time you are sitting.
H is for "Heart and Stroke"	Risk of Heart Disease and Stroke People with diabetes have an increased risk of heart attack and stroke.	<input type="checkbox"/> Daily aspirin therapy may be of benefit and is recommended for men >50 and women >60. Check with your provider.
I is for "Immunizations"	Influenza Immunization Pneumococcal Vaccination Hepatitis B Vaccination (ages 19–59) Getting these vaccines can prevent serious illness or even death	<input type="checkbox"/> Influenza Immunization annually Last influenza immunization _____ <input type="checkbox"/> Pneumococcal Vaccination Last pneumo–13 vaccination <u>03/14/17</u> Last pneumo–23 vaccination <u>12/04/14</u> Last pneumo–unknown vaccination _____ <input type="checkbox"/> Hepatitis B Vaccinations 1) _____ 2) _____ 3) _____
J, K is for "Kidneys"	Unrecognized Kidney Disease My microalbumin to creatinine ratio is: <u>24 (05/17)</u> (Normal is less than 30). Diabetes is the most common cause of kidney failure in the U.S.	<input type="checkbox"/> Get a yearly urine test to check if diabetes may be affecting the kidneys. <input type="checkbox"/> Your provider may prescribe a blood pressure medication called an ACE Inhibitor or ARB to help keep your kidneys healthy.

LABEL

Your Diabetes Report Card

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