

Medication

Dosage

Time

Allergies:

Your Emergency Contact: _____
Phone Number: _____

- If I am acting strangely or cannot be awakened, my blood sugar may be low.
- If I can swallow, give me 4 to 6 ounces of a sweetened, non-diet soft drink, fruit juice or other sugar source (sugar packet, cake gel, etc.)
- If I am not improved in 10 to 15 minutes, call 911. Repeat the sugar treatment as above.
- If I cannot be awakened or cannot swallow, do not try to give me anything by mouth. Call 911.

I HAVE DIABETES

Personal
Diabetes
Care Card



0942

1/06

Your Name: _____

Your Diabetes Care Team Phone Numbers

- Doctor: ()
- Diabetes Educator: ()
- Dietitian: ()
- Pharmacist: ()
- Foot Doctor: ()
- Eye Doctor: ()
- Dentist: ()
- Emergency Contact: ()

This list of items for good diabetes care is recommended by the American Diabetes Association (ADA) and the NYS Department of Health's Diabetes Prevention and Control Program. Take this card to your doctor and diabetes educator when you visit them every 3 months so that **YOU** can take charge of your diabetes.

TESTS (How Often)	ADA Goal	My Goal	Date of Visit			
Hemoglobin A1C* (every 3-6 months)	Below 7%		RESULTS			
Blood Pressure (each visit)	Below 130/80					
Cholesterol (yearly)	TOTAL					
	LDL	Below 100				
	HDL	> 40 (male) > 50 (female)				
Triglycerides (yearly)	Below 150					
Foot Exam (each visit)						
Urine Test for Protein (yearly)						
Blood Test for Kidney Function (GFR)						
Dilated Eye Exam (yearly)						
Dental Exam (every 6 months)						
Flu Shot (yearly)						
Weight						

Check (✓) when reviewed with your health care professional.

Blood Glucose	Before Meals: 80-120 mg/dl Bedtime: 100-140 mg/dl					
Eating Well						
Exercise						
Blood Sugar Testing						
Safety Check on Meter						
Self-Monitoring Log Book (each visit)						
High & Low Blood Sugar						
Syringe Disposal						
Medicine						
Daily Aspirin Use						
Foot Care						
Sick Day Care						
Stress Management						
Tobacco/Alcohol Use						

Date of Pneumonia Shot _____

Completed Diabetes Self-Management
Education Program _____

NYS Diabetes Prevention and Control Program **(518) 474-1222**

* An A1C of 7 equals an average blood glucose of 150 mg/dL.