

DIABETES MANAGEMENT: Know Your ABCDE's

At Every Visit

- Weight and blood pressure
- Foot exam
- Discuss self monitoring blood glucose records
- Discuss ALL medications
- Discuss self-management skills
- Discuss dietary needs
- Discuss physical activity
- Discuss smoking cessation

TWICE A YEAR or MORE:

Check your A1c

Date

Date

ANNUALLY (have a):

Dilated Eye Exam

Date

Dental Exam

Date

Flu Shot

Date

Diabetes Education Review

Date

Peripheral nerve test

Date

Treadmill test or EKG

Date

ASK YOUR PHYSICIAN TO CHECK:

Protein and fat in your blood

Date

Protein in your urine

Date