

HOW AM I DOING?? The American Diabetes Association recommends the following standards of care:

Have your doctor check these tests every 3 months!

TEST	GOAL
Hemoglobin A1c	Under 7.0
Blood Pressure	Under 130/80

DATE	DATE	DATE	DATE

DATE	DATE	DATE	DATE

Have these exams or services at least once a year!

TEST	GOAL
Cholesterol Total	Under 200
HDL Cholesterol	Over 40
LDL Cholesterol	Under 100
Triglycerides	Under 200

DATE	DATE	DATE	DATE

SERVICES	DATE	DATE	DATE
Flu Shot			
Foot Examination			
Ophthalmologist			
Dentist			

TEST	GOAL
Creatinine	Under 1.4
Urine Microalbumen	Under 25

DATE	DATE	DATE	DATE

...and don't forget your regular medical care!
WOMEN: Pap Tests, Mammograms
MEN: Prostate Exam, PSA Test
EVERYONE: Colon Cancer Screening

Rush University Internal Medicine VIP Project
PERSONAL DIABETES RECORD

Better care of your diabetes means fewer complications and a healthier life! Use this card to take charge of your health care. Carry it with you at all times and have your doctor or nurse practitioner update it at each visit. Show it to your pharmacist, your eye doctor, your dietician, and other team members who help you with your health.

My doctor is: _____

Telephone Number: (312) 930-0999

OTHER IMPORTANT TELEPHONE NUMBERS:

Rush Nutrition Clinic (312) 942-5214

Pharmacy _____

Podiatrist _____

Social Worker _____

Rush Eye Center (312) 942-5315

Dentist _____

In case of Emergency, please call:
Their Telephone Number:

I AM TAKING THE FOLLOWING MEDICINES:

MY OTHER MEDICAL PROBLEMS:

I have talked to my diabetes team about the following issues, and I understand them:

	Dates of discussion & Provider initials		
My diet plan			
Exercise program			
How to test my sugar			
How to handle high and low sugars			
Caring for my feet			
Handling sick days			
Stress Management			
Quitting Smoking			