The Annual Cycle of Care

The risk of diabetes is reduced when blood glucose levels, blood pressure and blood fats are kept as close to normal as possible. Good management of diabetes also includes feet, urine and eye checks.

Blood Glucose Levels (BGL)
Self-monitoring of your BGL's enables you to check your own levels as often as needed or as recommended. Regular testing can reinforce your healthy lifestyle choices as well informing you of your responses to other influences. Your diabetes health professional will help you decide how many tests are needed and the levels to aim for. Usually before meals:

- Type 1: Target range 4 to 6 mmol/L
- Type 2: Target range 6-8 mmol/L

HbA1c (Glycosylated haemoglobin)
The HbA1c test shows an average of your blood glucose level over the past 10-12 weeks. It does not show the highs and lows but gives an overall picture of your blood glucose management. High blood glucose levels can contribute to the development of long term complications of diabetes.

- Your target level is 7% (53 mmol/mol) or lower. My Results:

Blood Pressure (BP)
This is the measurement of the pressure at which your heart pumps blood around the body. High blood pressure can increase the risk of heart disease, stroke and kidney disease.

- You should have your blood pressure checked regularly (at least every doctors visit) and treated if necessary.
- For someone with diabetes, the target BP is less than 130 over 80. (130/80) My Results:

Cholesterol (blood fats-lipids)
This is a type of fat in the blood. Cholesterol problems are common in people with diabetes and too much fat increases the risk of heart disease and stroke.

- Your target total cholesterol level is less than 4 mmol/L.
- There are two types of cholesterol - low-density lipoproteins (LDL’s) called bad cholesterol and high-density lipoproteins (HDL’s) called good cholesterol.
- LDL can narrow or block your blood vessels. Keeping your LDL low helps protect your heart. Your target level is below 2 mmol/L.
- HDL helps remove deposits from your blood vessels and stops them getting blocked. Your target level is 1mmol/L or above.
- Triglycerides are another type of fat in your blood. Your target level is less than 2 mmol/L.

Urine/kidneys
Over time, people with diabetes face increased risk of damage to their kidneys (nephropathy). An early sign of kidney problems can be detected through a urine test for microalbumin. Finding out early that kidneys are beginning to have a problem is simple and painless.

- Your urine should be checked yearly for microalbumin. My Results:

Other management goals
Stop smoking
Alcohol consumption -two or less standard drinks a day for men, one for women
Physical activity - at least 30 minutes most days a week
Healthy eating

Managing diabetes - your goals

Blood Pressure (BP)  My Results:

Cholesterol (blood fats-lipids)  My Results:

Urine/kidneys  My Results: