## Diabetes Management Points



Your doctor will assess diabetes control by measuring HbA1c (your average blood sugar reading)

Every 3-6 months for insulin treated people. Every 6-12 months for non insulin treated

Visit an Ophthalmologist

At diagnosis and then every 1-2 years for people whose diagnosis of diabetes was at 30 years or more

Within 5 years of diagnosis, then every 1-2 years for those whose onset of diabetes was less than 30 years of age.

Watch your weight

See a Dietician. Join a weight watchers group.

**Exercise** 

For at least 30 minutes most days of the week. Seek your doctors approval if you have had recent surgery or illness



## **Blood Pressure**

Have your Blood Pressure checked when visiting your doctor.

Teeth

Visit your Dentist at least once per year

**Examine Feet** 

Examine your feet every day for signs of ulcers, infections or abnormalities.

See your Podiatrist every 6 months.

If your feet have been identified as "high risk" or you already have problems with your feet ensure you receive appropriate care from a doctor or podiatrist who specialises in diabetic foot care.

## **Measure Cholesterol, Tryglycerides** and HDL Cholesterol

Every 1-2 years if normal Every 3-6 months if abnormal or on treatment.

Test for Microalbuminuria (a urine test for signs of diabetic kidney problems)

At diagnosis of diabetes and then every 1-2 years for people with type 2 diabetes.

5 years post diagnosis and then every 12 months for people with type 1 diabetes.

## Lead a healthy Lifestyle

Make healthy food choices
Appropriate activity
Give up Smoking
Test your own blood sugars and
visit your G.P. or specialist for
review. At every visit remind your
health professional that you have
diabetes. Watch Stress Levels.

