

**To best manage your diabetes,
your health care team
recommends that you:**

- Have the following tests:
 - › Blood pressure every 3 months
 - › A1C every 3 to 6 months
 - › Cholesterol each year
 - › Urinalysis each year
- Eye checkup by an optometrist every 2 years. This is covered by MSI (Nova Scotia Health Card).
- Stop smoking.
- Eat 3 meals each day at regular times.
- Check your feet each day.
- Watch your weight.
- Be active for 30 minutes, at least 5 times a week.
- Take your blood glucose meter to the lab each year.

For more info, visit:

- › www.diabetes.ca

**Diabetes Management
Centres**

Mumford

- › Phone: 902-454-1600

Cobequid

- › Phone: 902-869-6170

Dartmouth

- › Phone: 902-465-8532

Musquodoboit and Eastern Shore

- › Phone (toll-free):
1-844-549-5787

Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Diabetes Management Centre

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The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

2020

My Diabetes Record

Name: _____

Please bring this record with you each time you visit your primary health care provider or the Diabetes Management Centre.

Date					
Fasting/random blood sugar Target: 4.0 to 7.0 mmol/L or 5.0 to 8.0 mmol/L					
A1C (%) Target: 7.0% or less					
Triglycerides Target: less than 1.5					
LDL (bad) cholesterol Target: less than 2.0					
HDL (good) cholesterol Target: more than 1.0					
Non-HDL cholesterol Target: less than 2.6					
Protein in urine Target: negative or trace					
Kidneys eGFR Target: 60 or higher					
ACR Target: less than 3.0					
Blood Pressure Target: 130/80 or less					
Weight Goal: _____					