

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: _____					

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 pamphlet is to be updated every 3 years or as needed.