

Your Diabetes Care Record

Name:

	AT DIAGNOSIS	TARGET	At 3/12	At 6/12	At 12/12
HbA1c					
Cholesterol Non HDL					
BP					
Weight 5% reduction					

Key Points to remember:

- Diabetes increases your risk of Heart Disease and Strokes
- Diabetes can also cause other complications eg Kidney Disease, Eye Disease & Erectile Dysfunction
- Reduce Carbs in Diet (Carbs =Sugar)
- Attend Retinopathy eye screening
- Check your feet regularly
- Increase the dose of the metformin tablets as directed to 2 TABLETS TWICE DAILY
- Attend your 3 monthly follow up blood test appointment
- Bring in a urine sample every year so we can check your Kidney Function.

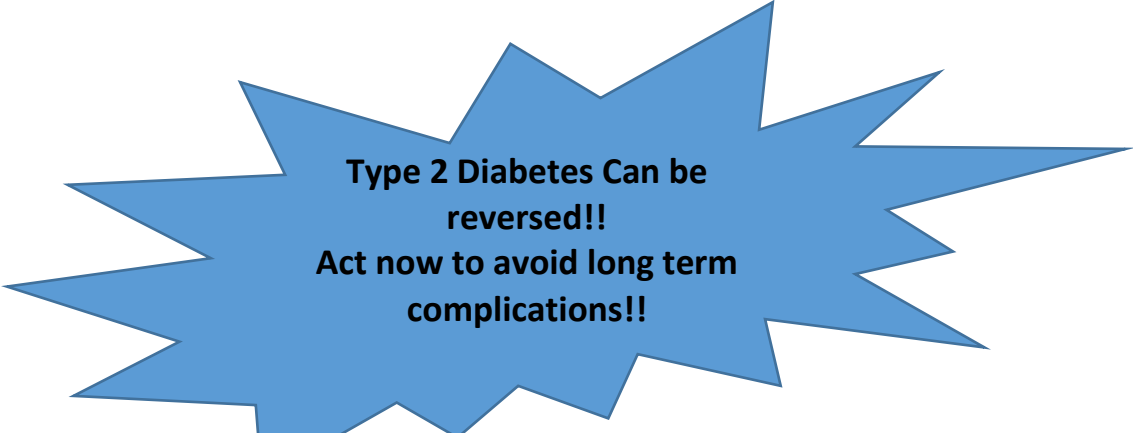
Useful Resources

The Lifestyle Club

The Freshwell App

Diabetes Uk

Abbots Healthcare and 2 week FREE trial of Freestyle Libre 2



Type 2 Diabetes Can be reversed!!
Act now to avoid long term complications!!