



Me, My Health and My Diabetes Team

Know your team. Stay Connected. Prepare for your Diabetes Care. **Live Well.**

	Date:	Date:	Date:	Date:
	My Target /Goal Result	My Target /Goal Result	My Target /Goal Result	My Target /Goal Result
Lifestyle (Talk to your team every three months)				
Nutrition and changes to my diet				
Physical activity – Aerobic: 150 minutes per week – Resistance: 2 to 3 times per week				
Weight / BMI / Waist Circumference				
Am I thinking about becoming pregnant?				
Glucose control (A1C lab test every three months. SMBG according to your unique needs)				
A1C: Target less than or equal to 7% or _____				
Self-Monitoring of Blood Glucose (SMBG). When do I check?				
Kidney care (eGFR and ACR once per year)				
Did I do a blood and urine test?				
Foot care (Foot exam by your healthcare provider once per year)				
I check my feet every day for any changes or signs of injury and call a healthcare provider if I see any changes.				
Eye care (Go once per year)				
Did I go to my eye doctor?				
Blood pressure (BP)				
Target less than 130/80				
Cholesterol (Lab test every 1 – 3 years or after a change in your medicine)				
LDL-C				
Stress, mood, anxiety (Talk to a member of your team every three months)				

Care	What Does it mean to me?
Weight	A healthy weight can have many good effects on your health and well-being. A healthy weight can help you: <ul style="list-style-type: none"> • prevent or manage diabetes • improve your blood glucose levels, blood pressure and blood cholesterol (fats) • reduce the risk of complications such as heart disease and stroke • improve your energy and general well-being
BMI	The Body Mass Index (BMI) is a general guideline to understand health risk. BMI is calculated using the numbers from a person's height and weight. The BMI number result will tell you about your individual risk for serious health complications such as diabetes and heart disease. For most adults aged 18 to 64, a BMI of 25 or higher is overweight.
Waist Circumference	Waist circumference (WC) is an important way to tell if you are at high risk for certain health problems, because too much fat around the waist (apple shape) puts stress on the internal organs (heart, lungs, kidneys) and fat in this area is linked to health problems such heart disease and high blood pressure. WC goals are different for people depending on their ethnic background and gender. In general, a healthy WC for men is less than 40 inches (102 cm) and for women, it is less than 35 inches (88 cm).
A1C	The A1C is a blood test and it is a measure of your blood glucose levels over a two to three month period of time. Your A1C will help you know whether your blood glucose has been at target, or not, over this period of time. The goal for most people with diabetes is to have an A1C of less than or equal to 7%, though you should talk to your doctor about the A1C target that is right for you. Studies show that any reduction in A1C will reduce your risk of heart disease, stroke, kidney disease, eye problems, nerve damage, and foot problems. Most people with diabetes should have this blood test done in a lab every three months.
Self-Monitoring of Blood Glucose (SMBG)	Checking your blood glucose (sugar) is called Self-monitoring of Blood Glucose (SMBG). The blood glucose number you see on your monitor tells if you have a high or low blood glucose level at that point in time. SMBG numbers show you how your eating, drinking, physical activity, stress and medication affect your blood glucose levels. The numbers will help you and your diabetes healthcare team make changes to your eating, drinking, physical activity and medications, if necessary, to help get the right blood glucose target for you. There is no "one-size-fits-all" pattern for checking blood glucose. When, and how often, to check your blood glucose, plus what your targets are, should be individualized to you and the medications you are taking. For most people, target levels when you check your blood glucose are: <p>between 4 and 7mmol/L before meals between 5 and 10mmol/L or 5 and 8mmol/L two hours after you start eating a meal</p> Your diabetes healthcare team will help you determine what your SMBG target is, when you should check your blood glucose, and what to do if the result of your blood glucose check is not at target.
Blood Pressure (BP)	Blood pressure is a measure of the amount of pressure put on your blood vessels by your heart when it pumps, the top number, and, when it relaxes, the bottom number. The target for most people with diabetes is less than 130/80. Your healthcare provider should check your BP at every visit. You can also ask your healthcare provider if checking your blood pressure at home would be helpful for you.
Low-Density Lipoprotein (LDL) cholesterol	This lab test measures the amount of bad cholesterol (fat) in your blood and it can narrow your arteries causing heart disease and stroke. The target for most people with diabetes is less than or equal to 2.0 mmol/L. This cholesterol target can help reduce your risk of heart attack and stroke. Cholesterol should be measured with a fasting blood test in a lab every 1 to 3 years, and after a change in cholesterol treatment. Lowering your LDL-cholesterol through diet and medications can reduce your risk of heart disease and stroke.
Urine Protein (ACR Ratio)	The ACR (albumin/creatinine ratio) is a urine test usually done once a year to see if your kidneys have any damage from your diabetes. The target number for most people with diabetes is less than 2.0. This test for your kidneys is usually checked when you are first diagnosed with diabetes, and then once per year after that.
Kidney function – estimated Glomerular Filtration Rate (eGFR)	The eGFR is a test used to see how well the kidneys are working. This test is done in a lab. A result of less than less than 60 mL/minute may suggest that you have kidney disease. This test for your kidneys is usually checked upon when you are first diagnosed with diabetes, and then once per year after that. If you have kidney disease, you may need to have this test more often.
Foot Checkup	Because diabetes affects your circulation, immunity, and nerve sensation, foot problems are very common in people with diabetes. Foot care problems can lead to serious complications such as sores or wounds that are hard to heal, or more the more serious situation of amputations. A foot exam by your healthcare provider checks for changes in your feet like shape, sensation, ulcers and infection. Foot exams by your healthcare provider are usually done once per year. <p>You can prevent problems and keep your feet healthy by managing your diabetes, checking your feet every day for changes, caring for your feet, wearing properly fitted shoes and asking your healthcare provider for help if you experience any problems with your feet. Any change to your feet is important.</p>
Eye Exam	Over time, diabetes can cause changes in the back of the eye and can lead to blindness. People with diabetes are also at increased risk of eye diseases that can affect your sight called macular edema and cataracts. When you visit your eye doctor once per year, your doctor will put drops in your eyes and look into your eyes to check for signs of eye disease as a part of your full eye exam.
Nutrition Goals	Healthy eating is important for the treatment of diabetes, and for your overall health. Follow Eating Well with Canada's Food Guide.
Physical Activity Goals	For people with diabetes, exercise can help with weight loss, strengthen bones, improve blood pressure control, lower rates of heart disease and cancer, increase energy levels, improve the body's sensitivity to insulin, and help manage blood glucose levels. A good goal would be 150 minutes per week of aerobic exercise such as brisk walking, running, swimming, dancing, hockey and skiing. Resistance exercises, such as weight training, are also recommended two to three times a week.