



Goals for Patients with Diabetes:

Name _____ DOB _____ Date _____ Physician _____ Nurse _____

- Self-management goals** — Firstly, it is important for you to set goals for your own care. You should try to discuss these with your provider at every visit.
- Weight and Exercise** – Weight loss and exercise are key to the successful control of diabetes and prevention of complications. Discussed complications of diabetes
 Your Current Weight _____ Your Weight Goal _____ Date of attainment _____
 Exercise Goals: Type _____ How Long _____ How Often _____
- Self Monitoring of Blood Glucose** — Check your blood glucose (goal):
 Before breakfast (70-130) 2hr after breakfast (<180) Before lunch (70-130)
 2hr after lunch (<180) Before dinner (70-130) 2hr after dinner (<180)
 At bedtime (100-140) At 3am (70-110) Log results and bring to next visit
- HgbA_{1C}** — We would like you to have this blood test (measuring your average blood sugar over the past 90 days) every 3-6 months. Our goal is to have the value less than 7%.
 Your most recent HgbA_{1c} _____ Your HgbA_{1c} Goal _____
- Fasting Lipid Profile** — The primary goal for this blood test is measure at least one every year. It is important for the health of your heart that the LDL Cholesterol level is less than 100 and if you already have heart disease the LDL should be less than 70.
 Your LDL Cholesterol _____ Your LDL Cholesterol Goal _____
 Your HDL Cholesterol _____ Your HDL Cholesterol Goal _____
 Your Triglyceride level _____ Your Triglyceride Goal _____
- Dilated Retinal Exam** — It is very important to see an ophthalmologist for this exam once every year. Your Ophthalmologist _____
 Date of Last Eye Exam _____ Date of Next Eye Exam _____
- Foot Check** — Every day you should be checking your feet for sores.
- LEAP Exam** — (Lower Extremity Amputation Prevention). A painless and simple test to determine sensation in your feet that should be performed once yearly.
- Dental Hygiene** — Dental health is an often-overlooked aspect of diabetes care. You should have regular checkups and cleanings every 6 mos. Last Dental Exam _____
- Flu and Pneumovax** — You should receive a flu shot once yearly. Pneumovax is a vaccine for one type of pneumonia that you should receive at least once before age 65 and again after age 65. Date of Last Pneumovax _____
- High Blood Pressure** — Your blood pressure should be below 130/80. Exercise and weight loss will help control your BP. ACE inhibitors and ARBs are the preferred medications. Medication(s) for Blood Pressure Control _____
- Microalbumin to Creatinine Ratio** — This is an annual urine test that determines how well your kidneys are working. Your value should be less than 30. _____
- Next Office Visit** – in **3mos** **6mos** _____ Fasting Lab in **3mos** **6mos** _____

Remember, these goals will help you take control of your diabetes!!
 Cobblestone Family Medicine Clinic Diabetes Team