



YOUR GOALS:

A1C: _____

BLOOD PRESSURE: _____ / _____

EYE EXAM: _____ ANNUALLY

FOOT EXAM: _____ CHECK DAILY &
_____ AT EACH OFFICE VISIT

CHOLESTEROL: _____

HDL (GOOD): _____

LDL (BAD): _____

TRIGLYCERIDES: _____

URINE PROTEIN: _____

WEIGHT: _____

BMI: _____

SUGGESTED CHANGES:

CONTACT US



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YOUR PARTNER IN

DIABETES MANAGEMENT



SERVICES & PREVENTATIVE CARE OFFERED:

- **INSULIN MANAGEMENT:** LEARN SELF-INJECTION TECHNIQUES AND EFFECTIVE INSULIN MANAGEMENT.
- **UNDERSTANDING DIABETES:** DISCOVER HOW DIABETES IMPACTS YOUR TOTAL HEALTH AND BODY.
- **BLOOD GLUCOSE MONITORING:** CHOOSE THE RIGHT DEVICE—METER OR CONTINUOUS MONITOR—AND LEARN HOW TO USE IT EFFECTIVELY. UNDERSTAND WHAT YOUR BLOOD GLUCOSE RESULTS MEAN.
- **NUTRITION AND MEAL PLANNING:** GET PERSONALIZED GUIDANCE ON CARBOHYDRATE COUNTING, MEAL PLANNING, AND NUTRITION.
- **EXERCISE AND HEALTH:** EXPLORE THE CRITICAL ROLE OF EXERCISE IN MANAGING DIABETES, WITH TAILORED PROGRAMS TO FIT YOUR NEEDS.
- **MEDICATION MANAGEMENT:** RECEIVE SUPPORT IN MANAGING YOUR MEDICATIONS EFFECTIVELY.
- **FOOT CARE:** BENEFIT FROM PROFESSIONAL ASSESSMENTS, EDUCATION ON HYGIENE, AND TIPS FOR NAIL AND SKIN CARE TO PREVENT COMPLICATIONS.
- **LIPID CLINIC:** ACCESS ADDITIONAL SUPPORT FOR CHOLESTEROL AND LIPID MANAGEMENT.

**TAKE CHARGE OF YOUR DIABETES
WITH EXPERT GUIDANCE AND
PERSONALIZED CARE!**



DIABETES EDUCATION PROGRAM

The Diabetes Self Management Education program offers comprehensive diabetes education services. The program is certified by the American Diabetes Association and is managed by specially trained registered nurses and a registered dietitian.

The most important decision you can make regarding your diabetes is to become actively involved in managing your blood sugar. Together we can work to achieve specific goals to reduce and prevent complications of diabetes.

COMPLICATIONS THAT CAN BE REDUCED OR PREVENTED BY BETTER BLOOD SUGAR MANAGEMENT:

- EYE COMPLICATIONS AND BLINDNESS
- KIDNEY PROBLEMS
- FOOT ULCERS
- PAINFUL FEET AND LEGS
- HEART DISEASE
- STROKE