

Diabetes cycle of care

Managing your diabetes in partnership with your doctor



Building healthier lives together with our communities and delivering excellent health services for all.

Name:

Diabetes cycle of care... keeping you on track



Your health checks

We can help you manage your diabetes most effectively when we regularly review your health. If your diabetes is well controlled, you need a review at least twice a year and more often if your diabetes is not so well controlled.

Health checks with your nurse and doctor will cover:

Every six months:

- Blood pressure
- Weight
- Body mass index
- Foot care, and
- Blood glucose diary.

Every two years:

- Eye examination.

Every 12 months

- Cholesterol, triglycerides & HDL, Cholesterol, eGFR,
- HbA1c
- Kidney check
- Medication
- Diet
- Exercise, and
- Smoking status.

Your role

- We encourage you to be actively involved in the management of your diabetes.
- You play an important role in maintaining your health now and in the future.
- Leading a healthy lifestyle can help reduce the risk of developing long term complications of diabetes.

- Make sure that you have a medical check-up, with your nurse and doctor, regularly.
- Your doctor and diabetes education team can give you further advice on leading a healthy lifestyle.
- Report to your doctor or diabetes specialist if there is an illness, infection, a planned operation or dental surgery and see your specialist if you are planning a pregnancy.
- It is important to know your blood pressure, weight and blood test results together with the targets.
- You can write your results in the boxes or keep them with your glucose monitor book.

The diabetes cycle of care offers guidelines for people with diabetes and their healthcare providers to ensure that all necessary checks are up-to-date. This is a great way to reduce the risk of long term complications occurring and to optimise your health. The goals listed are a guide, and your targets should be discussed with your doctor.

HbA1c

Goal: 7% or less

This blood test gives an average of your blood glucose measurements from the past three months. It is given as a percentage, which is not the same as your home blood glucose measurements. Your HbA1c should be checked at least once every 12 months but preferably every three to six months.

Your Result

Total Cholesterol

Your Result

Goal: Less than 4.0 mmol/L

You need to fast for 10 hours before having your cholesterol checked. Cholesterol levels should be checked at least every 12 months but if levels are high then every three months.

LDL Cholesterol

Your Result

Goal: Less than 2.0 mmol/L

This is also known as "bad cholesterol". It is associated with plaque formation inside the arteries, the presence of which increases the risk of heart disease and stroke.

HDL Cholesterol

Your Result

Goal: Above 1.0 mmol/l

This is also known as "good cholesterol". The presence of this may help reduce your risk of heart disease.

Triglycerides

Your Result

Goal: Less than 2.0 mmol/L

Raised triglycerides may increase your risk of heart disease.

Eye Care

People with diabetes are at increased risk of eye problems including retinopathy, cataracts and glaucoma. It is important to have regular eye checks by your doctor and visit an optometrist or ophthalmologist at least once every two years.

Last Check

Kidneys

Protein in the urine is a sign of impaired kidney function. Early detection and treatment can reduce the risk of further damage to the kidneys. A urine test should be done once a year.

Last Check

Foot Care

In addition to checking your feet daily for problems such as cuts, calluses, or blisters it is important for your feet to be checked for circulation or sensation impairment every six months by a doctor, nurse or podiatrist.

Last Check

Blood Pressure

Your Result

Goal: 130/80mmHg or less

Good blood pressure control will reduce the risk of heart attack, stroke, kidney disease and vision impairment. It should be checked every six months by the doctor or practice nurse or more frequently if you are on blood pressure medication. Goal may be lower for patient with kidney disease.

Your Result

Body Mass Index

Goal: BMI less than 25kg/m³

Body Mass index = weight (kg) divided by height²(m)

Waist

Your Result

Goal: Waist circumference of less than 80cm for females and 94cm for males

Waist circumference = measurement around the waist.

Diet

Your Result

Goal: Healthy diet

A balanced, low fat, high fibre, low Glycaemic Index (GI) healthy diet is important to any successful management plan for diabetes. Limit alcohol to no more than two standard drinks per day.

Exercise

Your Result

Goal: At least 30 minutes of exercise five days a week

Regular exercise combined with a healthy diet will help the management of your diabetes by reducing blood pressure, reducing blood glucose levels and reducing your overall stress.

Where to find us

For more information on all of our services, sites, parking options and transport, call us or email info@accesshc.org.au

Ashburton

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Opening hours are available online, find us at accesshc.org.au

We are a child safe organisation.

AccessHC is committed to providing services for our diverse community.