If you have Diabetes you need regular check-ups. There are some things you need to get a check-up for at least once in every 3 months, other things need a check-up at least once in every 6 months, and some check-ups must be done at least once every year.

<table>
<thead>
<tr>
<th>Jan</th>
<th>3 Monthly</th>
<th>6 Monthly</th>
<th>Yearly</th>
<th>2 Yearly</th>
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<tbody>
<tr>
<td>Jan</td>
<td>HbA1c</td>
<td></td>
<td>Feet</td>
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<tr>
<td>Feb</td>
<td>Blood Pressure</td>
<td></td>
<td>Retinal Exam (Eye Specialist)</td>
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<tr>
<td>Mar</td>
<td>Home Glucose Book</td>
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<tr>
<td>Apr</td>
<td>HbA1c</td>
<td></td>
<td>Cholesterol</td>
<td>Urine Microalbumin</td>
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<tr>
<td>May</td>
<td>Blood Pressure</td>
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<td>Serum Creatinine</td>
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<td>Jun</td>
<td>Home Glucose Book</td>
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<td>Diabetes Educator</td>
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<tr>
<td>Jul</td>
<td>HbA1c</td>
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<td>Feet</td>
<td>Blood Vessel &amp; Heart Exam</td>
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<tr>
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<td>Blood Pressure</td>
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<tr>
<td>Dec</td>
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Explanations

HbA1c - this is the haemoglobin test that tells what the average blood glucose has been in the last three months. All individuals with Diabetes should have this on a regular basis.

Home glucose book - the blood glucose measurements you do every day need to be seen by your doctor.

Feet - your Doctor needs to be checking your feet regularly even though you check them every day.

Cholesterol - and blood fats(triglyceride) and HDL (the good cholesterol) needs to be checked regularly.

Retinal exam - you need to see an eye specialist every year - this could save your sight!

The blood vessels in your neck (could cause a stroke) and in your feet (could cause an amputation) need checking.

A urine sample collected over 8 or 24 hours should be done every year to make sure there is no Diabetes damage.

A Diabetes Educator and a Dietitian at your nearest hospital will help you manage your Diabetes.
DIABETES - HOW TO PROTECT YOUR EYES, KIDNEYS, ARTERIES AND FEET

Your Eyes
1) Get an Eye Specialist (ophthalmologist) check-up every year
2) Keep your blood pressure under control (< 125 / 80)
3) Keep your blood glucose under control

Your Kidneys
1) Get a microalbumin level checked yearly
2) Keep your blood glucose under control
3) Keep your blood pressure under control (< 125 / 80)
4) Use an ACE inhibitor (blood pressure medication that also treats diabetic kidney trouble)

Your Blood vessels (Arteries)(Heart & Legs)
1) Have your blood Cholesterol and Blood Fats checked regularly
2) Have a low fat Diet (have Olive or Canola oil if you need any fat)
3) Exercise regularly (30 min walking daily at least)
4) Keep your blood glucose under control
5) Keep your blood pressure under control (< 125 / 80)
6) Don't Smoke

Your Feet
The Following Patient Instruction has been Shown to dramatically Reduce Amputations in Diabetes (see Am. J. Surg 158:520-524 1989)
1). Wash feet and toes daily. Always dry feet and especially between toes if they ever get wet.
2). Inspect feet and between toes daily for blisters, cuts, scratches, possible infection. Use a mirror if necessary for soles or get someone else to help.
3). See your Doctor for even minor foot infections.
4). Always tell your podiatrist or Doctor you have Diabetes.
5). Avoid extreme temperatures on feet. Test bath water with hand first, and be careful of hot pavements or concrete in summer.
6). Wear socks at night for cold feet. No hot water bottles or heating pads!
7). Inspect shoes daily for nail points, torn linings, stones, or anything that might damage feet.
8). Shoes must be comfortable and loose fitting at time of purchase. Don't try to break them in. Don't wear pointed shoes that squeeze the toes.
9). Do not wear thongs.
10). Never walk bare footed, especially on hot surfaces, at home (pins tacks or other things on the floor) or in the garden.
11). Never wear shoes without socks or stockings.
12). Change socks and stockings daily, wear properly fitting socks and stockings, and avoid those with seams or those that are mended.
13). Never use chemical corn or callus removers
14). Toenails cut straight across not curved.
15). Do not smoke.