

DIABETES - HOW OFTEN SHOULD YOU GET CHECKUPS ?

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.

	3 Monthly	6 Monthly	Yearly	2 Yearly
Jan	Hba1c	Feet	Retinal Exam (Eye Specialist)	Diabetes Educator
Feb	Blood Pressure			
Mar	Home Glucose Book			
Apr	Hba1c	Cholesterol	Urine Microalbumin	
May	Blood Pressure			
Jun	Home Glucose Book			
Jul	Hba1c	Feet	Serum Creatinine	
Aug	Blood Pressure			
Sept	Home Glucose Book			
Oct	Hba1c	Cholesterol	Blood Vessel & Heart Exam	
Nov	Blood Pressure			
Dec	Home Glucose Book			
Jan	Hba1c	Feet	Retinal Exam(Eye Specialist)	Dietitian
Feb	Blood Pressure			
Mar	Home Glucose Book			
Apr	Hba1c	Cholesterol	Urine Microalbumin	
May	Blood Pressure			
Jun	Home Glucose Book			
Jul	Hba1c	Feet	Serum Creatinine	
Aug	Blood Pressure			
Sept	Home Glucose Book			
Oct	Hba1c	Cholesterol	Blood Vessel & Heart Exam	
Nov	Blood Pressure			
Dec	Home Glucose Book			

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)

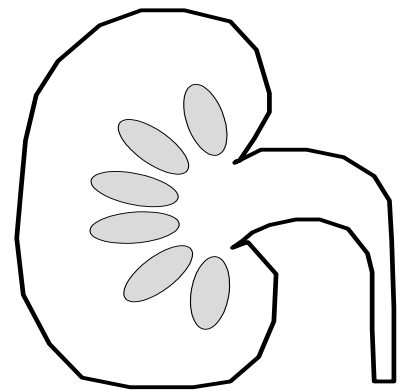
Your Blood vessels (Arteries)(Heart & Legs)

- 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.



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