

Tracking Your Doctor Visits

To take care of your diabetes, it is important to visit your doctor regularly and keep track of your results. To help you record this key information, use this handy tracking tool and make plenty of copies of this page for future use.

Remember to test your blood sugar according to the plan developed with your doctor. Your goals of treatment may be adjusted over time.

Your Goals		Date:
A1C:	Blood Pressure:	Weight:
Cholesterol (total):		
HDL*:	LDL†:	Triglycerides:

At Each Visit		
Date:	Doctor:	
Reason for visit:		
Questions:		
A1C:	Blood Pressure:	Weight:
Cholesterol (total):		
HDL:	LDL:	Triglycerides:
Foot examination results:		
Urine microalbumin:	Kidney function blood test:	

Your Medications			
Medication name	Reason for use	Dose	Times per day

*HDL=high-density lipoprotein; "good" cholesterol, the type that works to clear LDL ("bad") cholesterol from the blood.

†LDL=low-density lipoprotein; "bad" cholesterol, the type that can lead to accumulation of cholesterol in the arteries.

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