

Name \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Doctor \_\_\_\_\_ Phone \_\_\_\_\_  
 Diabetes Educator \_\_\_\_\_ Phone \_\_\_\_\_

**Personal Goals for Blood Glucose Control**

Fasting Blood Glucose Target \_\_\_\_\_  
 Pre-meal Blood Glucose Target \_\_\_\_\_  
 Post-meal Blood Glucose Target \_\_\_\_\_

ADA Goals for Blood Glucose Control	
Pre-meal/Fasting	90-130 mg glucose /dL
2° Post-meal -	less than 180 mg glucose /dL
Bedtime	100-140 mg glucose /dL

Times to check Blood Glucose: \_\_\_\_\_  
 Medications/Time : \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- *Check your blood glucose every day, throughout the day, to keep track of how your treatment plan is working.*
- *Make sure your hands are clean & dry.*
- *Make sure your test strips match the code on your meter.*

**What is diabetes?** Diabetes Mellitus is a disease that can be **self-managed**, but not yet cured. It affects the way the body uses food.

During normal digestion the body converts sugar and starches in food to a simple sugar called glucose.

The bloodstream carries glucose to the body cells where, with the help of insulin (a hormone produced in the pancreas), it is converted into quick energy for immediate use or is stored for future use.

Diabetes mellitus develops because the **body does not produce enough insulin** or because **the insulin it produces is ineffective**.

Glucose accumulates in the kidneys and is passed off in the urine.

Excess sugar in the urine and in the blood are classic signs of diabetes mellitus

The **excess sugar coats the blood vessels and the cells** and produces complications in the eye, kidney, heart, and blood vessels.

**Type 1** (formerly called Juvenile Onset) affects 5% of people with diabetes. It appears with **abrupt onset**, increased hunger, thirst, and increased urine.

**Type 2** (formerly called Adult Onset) affects 95% of people with diabetes. It **can remain undetected for 4 – 10+ years**.

It is most frequently seen in people who are **overweight** and/or have a **family history**. Proper weight and diet will make control easier and may prevent the onset of the disease