

## Follow-up sheet - Type 1 or type 2 diabetes

Record no. \_\_\_\_\_

Onset of the illness \_\_\_\_\_

Name \_\_\_\_\_

**Risk factors:**      Smoking       Alcohol       Sedentary lifestyle       HT       LVH   
                          Nephropathy       CAD       Heart failure       TIA/CVA

Teaching at the Diabetes Day Centre  :      date: \_\_\_\_\_      Pneumococcal vaccine

Appendix C

	TARGET VALUES*	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
BP	130/80						
Weight							
BMI	≤ 25						
Blood glucose - fasting	4 to 7						
Blood glucose - PC	5 to 10						
HbA <sub>1c</sub> q3 to 6 months	≤ 7%						
Total cholesterol							
HDL-C							
LDL-C	< 2.0						
TC / HDL-C	< 4						
TG							
Creatinine							
K+							
TSH							
AST / ALT / CK							
Microalbuminuria							
ECG	>40 years old						
Chest X-ray							
Echocardiography							
Peripheral pulses							
Toe: vibration/monofilament							
Foot examination							
Endocrinology							
Ophthalmology							
Cytology							
Mammogram							
Blood culture							
Flu vaccine							
DTaP vaccine (diphtheria, tetanus, pertussis)							

\*Target values to be reviewed based on the latest recommendations.