

What to expect when you see the doctor

Your GP or diabetes specialist will coordinate your care and check that your diabetes is well managed. Have your doctor check the following:

At each visit

- Your blood pressure (every year, if normal)
- Records of your own blood glucose levels
- Your medication list

Every 3 to 6 months

- HbA1c level (this blood test gives a measure of your average blood glucose levels over the past 2-3 months)
- Your weight/waist

Every 12 months

- Blood fat levels, including total cholesterol, HDL (good cholesterol), LDL (bad cholesterol) and triglycerides
- Urine for albumin and protein, which indicate the earliest sign of kidney damage
- Feet: Take your shoes off to remind the doctor to check the circulation and feeling
- Eyes: You should have your eyes examined for retinopathy (eye disease) by an eye specialist (ophthalmologist) or an experienced optometrist

Know your treatment targets

- Blood pressure <130/80
- HbA1c <7%
- Total cholesterol < 4mmol/L; HDL cholesterol > 1 mmol/L
- LDL cholesterol < 2.5mmol/L; Triglycerides < 1.5mmol/L
- Urine test for albumin < 20mg/L or
- Albumin: Creatinine ratio Men < 2.5mg/mmol; Women <3.5mg/mmol

The above targets are a guide and individual targets should be discussed with your doctor.

Living well with diabetes

- Know about your condition and treatment options
- See your doctor regularly
- Ask questions and work with your healthcare professionals to make a treatment plan that suits you
- Enjoy healthy eating
- Be active everyday
- Check your glucose control and take appropriate action
- Recognise how diabetes affects how you feel and ask for support