

Personal Diabetes Passport

Contact information:	
Name:	Number:
Physician:	Number:
Diabetes Education Centre:	Number:
Dietitian:	Number:
Ophthalmologist:	Number:
Chiropodist:	Number:

Type of Diabetes:

- ☐ **Type 1 (T1DM)**
☐ **Type 2 (T2DM)**
☐ **Increased risk for diabetes**
☐ **Gestational**

Date diagnosed: _____

This Diabetes Passport contains important information about your diabetes care and up-to-date information about your diabetes. Take it to each appointment with your healthcare professional and work with them to ensure your information is recorded. Your Dr will complete different exams/tests at different times as outlined in your diabetes passport.

Diabetes Related Health Issues	Related medical issues:
<input type="checkbox"/> I have neuropathy (nerve damage) <input type="checkbox"/> I have nephropathy (kidney damage) <input type="checkbox"/> I have retinopathy (eye damage) <input type="checkbox"/> I have foot ulcers or sores <input type="checkbox"/> I have an amputation <input type="checkbox"/> I am overweight <input type="checkbox"/> I smoke	<input type="checkbox"/> High cholesterol <input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart disease <input type="checkbox"/> Stroke <input type="checkbox"/> Depression

Medications:

Date:	Medication:	Dose:	Frequency:

Continue medication list on page 7 |

Overview of Screenings and Recommendations

Weight/ BMI:	Medical nutrition therapy:	How you feel:						
<p>Dr will determine your:</p> <ul style="list-style-type: none">■ BMI■ waist circumference■ weight is in an acceptable range■ refer you to Diabetes Education Centre for diabetes education and nutrition counselling■ If obese, Dr will refer you for weight loss■ 5-10% reduction in weight has positive health benefits	<p>Dietitian will work with you to:</p> <ul style="list-style-type: none">■ develop a personalized, realistic eating plan to suit your lifestyle and type of diabetes – stick to it!■ teach you to read food labels, modify recipes and order at restaurants■ Key points: portion size/number servings/ limit foods high in sugar/reduce high fat foods /increase fruit and vegetable intake	<p>Tell your doctor if you have experienced any of the following recently:</p> <ul style="list-style-type: none">■ Feeling down, depressed or hopeless■ Having trouble sleeping or sleep too much■ Feeling tired, listless or have little energy■ Not being able to focus on normal activities■ Having little interest in doing things						
Physical activity:	Smoking:	Blood glucose control:						
<p>Exercise according to Dr:</p> <ul style="list-style-type: none">■ Exercise 30-60 minutes 5 times a week (can be in 10 min blocks of time)■ Exercise should be of moderate intensity■ Exercise can lower BS levels and may lessen your requirement for medication■ More exercise (60 minutes a day) required for weight loss	<p>If you smoke, quit</p> <ul style="list-style-type: none">■ Sign up for smoking cessation programme/and online support■ It may take more than one or two attempts to successfully quit smoking■ Approved smoking cessation drugs can assist with smoking cessation	<p>Daily self-monitoring of blood sugar (BS) is important:</p> <table><tr><td>Before-meals</td><td>80-120 mg/dL</td></tr><tr><td>2 hours post-meal</td><td><180mg/dL</td></tr><tr><td>Bedtime</td><td>100-140 mg/dL</td></tr></table> <p>HbA1c every 3-6 months <7% - good control 7-8% - moderate control >8% - not well controlled</p>	Before-meals	80-120 mg/dL	2 hours post-meal	<180mg/dL	Bedtime	100-140 mg/dL
Before-meals	80-120 mg/dL							
2 hours post-meal	<180mg/dL							
Bedtime	100-140 mg/dL							
Hypertension:	Foot care:	Lipids:						
<p>Target blood pressure (BP): 130/80 mg</p> <ul style="list-style-type: none">■ Always take your BP medication (if you stop your BP will go up)■ You may need more than one type of BP medication to■ You must have regular BP checks■ Limit your intake of high sodium foods	<ul style="list-style-type: none">■ Dr will refer you (T2DM) to chiropodist at diagnosis■ Check your feet daily for sores■ Call Dr if you develop sores■ Ensure you have foot care education and professionally fitted footwear if required■ Get immediate treatment for any infection of a diabetic foot	<table><tr><td>LDL cholesterol</td><td>< 100 mg/dL</td></tr><tr><td>HDL cholesterol</td><td>> 50 mg/dL</td></tr><tr><td>Triglycerides</td><td>< 150 mg/dL</td></tr></table> <ul style="list-style-type: none">■ Diabetes puts you at risk for cardiovascular disease■ Take lipid medications as prescribed:<ul style="list-style-type: none">■ Statin drugs■ ACE-inhibitors■ ASA	LDL cholesterol	< 100 mg/dL	HDL cholesterol	> 50 mg/dL	Triglycerides	< 150 mg/dL
LDL cholesterol	< 100 mg/dL							
HDL cholesterol	> 50 mg/dL							
Triglycerides	< 150 mg/dL							
Diabetic Kidney Disease:	Neuropathy:	Retinopathy:						
<ul style="list-style-type: none">■ DKD is a life threatening complication of diabetes■ Dr will screen annually:<ul style="list-style-type: none">■ Albumin-creatinine ratio (ACR)■ Serum creatinine■ Estimated glomerular filtration rate (eGFR)■ Dr will refer to nephrologist or internist if you have chronic progressive loss of kidney function■ To slow progression of DKD keep BS and BP as near to normal as possible	<ul style="list-style-type: none">■ Nerve damage can progress slowly and lead to loss of pain or touch sensations to your feet. It can also cause pain in legs, arms, or hands.■ Dr will screen annually■ Dr may refer you for pain management as required■ Check your feet daily■ Stop/limit alcohol intake■ If you smoke, quit■ Keep BS and BP as near to normal as possible	<ul style="list-style-type: none">■ Retinopathy is a disorder of the eye that occurs in adults with diabetes■ Dr will refer you (T2DM) to ophthalmologist at diagnosis■ Have your eyes checked annually■ Inform doctor of blurred vision, black spots etc■ Attend any Dr referrals■ Follow through with Drs treatment plan■ Keep BS and BP as near to normal as possible						

Your Diabetes Numbers

EXAM/ TEST	Date:	Date:	Date:	Date:	Date:	Date:
Date:						
Height						
Weight						
BMI						
Waist circumference						
SELF-MANAGEMENT (discuss with doctor)						
Diabetes education						
Nutrition						
Physical activity						
Mental health						
Alcohol						
Smoking						
Patient care plan						
EVERY VISIT (3-6 months)						
Review SMBG log						
HbA1c *						
BG goals met						
Blood pressure						
Foot care						
ANNUAL						
Lipid profile - TC						
- LDL						
- HDL						
- Triglycerides						
Foot exam						
Neuropathy						
Eye exam						
Kidney						
- ACR ratio						
- eGFR						
Microalbuminuria						
Immunizations						
- Influenza						
- Pneumococcus						
WELL PERSON SCREENINGS						
Dental cleaning *						
Mammogram						
PAP / PSA						
Breast/Prostate exam						
Colonoscopy						

* See frequently asked questions on page 8

Every Visit Diabetes Numbers

EXAM/ TEST	Date:	Date:	Date:	Date:	Date:	Date:
Date:						
Weight						
BMI						
SELF-MANAGEMENT (discuss with doctor)						
Diabetes education						
Nutrition						
Physical activity						
Mental health						
Alcohol						
Smoking						
Patient care plan						
EVERY VISIT (3-6 months)						
Review SMBG log						
HbA1c						
Blood glucose						
BG goals met						
Blood pressure						
Foot care						

Every Visit Diabetes Numbers

EXAM/ TEST	Date:	Date:	Date:	Date:	Date:	Date:
Date:						
Weight						
BMI						
SELF-MANAGEMENT (discuss with doctor)						
Diabetes Education						
Nutrition						
Physical activity						
Mental health						
Alcohol						
Smoking						
Patient care plan						
EVERY VISIT (3-6 months)						
Review SMBG log						
HbA1c						
Blood glucose						
BG goals met						
Blood pressure						
Foot care						

Every Visit Diabetes Numbers

EXAM/ TEST	Date:	Date:	Date:	Date:	Date:	Date:
Date:						
Weight						
BMI						
SELF-MANAGEMENT (discuss with doctor)						
Diabetes education						
Nutrition						
Physical activity						
Mental health						
Alcohol						
Smoking						
Patient care plan						
EVERY VISIT (3-6 months)						
Review SMBG log						
HbA1c						
Blood glucose						
BG goals met						
Blood pressure						
Foot care						

Every Visit Diabetes Numbers

EXAM/ TEST	Date:	Date:	Date:	Date:	Date:	Date:
Date:						
Weight						
BMI						
SELF-MANAGEMENT (discuss with doctor)						
Diabetes Education						
Nutrition						
Physical activity						
Mental health						
Alcohol						
Smoking						
Patient care plan						
EVERY VISIT (3-6 months)						
Review SMBG log						
HbA1c						
Blood glucose						
BG goals met						
Blood pressure						
Foot care						

Annual Screening Numbers

EXAM/ TEST	Date:	Date:	Date:	Date:	Date:	Date:
ANNUAL						
Lipid profile - TC						
- LDL						
- HDL						
- Triglycerides						
Foot exam						
Neuropathy						
Eye exam						
Kidney						
- ACR ratio						
- eGFR						
Microalbuminuria						
Immunizations						
- Influenza						
- Pneumococcus			At least one lifetime pneumococcal immunization required			

Annual Screening Numbers

EXAM/ TEST	Date:	Date:	Date:	Date:	Date:	Date:
ANNUAL						
Lipid profile - TC						
- LDL						
- HDL						
- Triglycerides						
Foot exam						
Neuropathy						
Eye exam						
Kidney						
- ACR ratio						
- eGFR						
Microalbuminuria						
Immunizations						
- Influenza						

Medications

[illegible]

Frequently Asked Questions

What is BMI? BMI stands for **Body Mass Index**. It's a number that shows body weight adjusted for height. BMI is used to indicate if you are normal, overweight, obese, or underweight. BMI does not measure body fat and muscle mass.

Why will doctor measure my waist circumference? Carrying fat primarily around your waist, or being "apple-shaped", puts you at much greater risk of developing obesity-related health problems such as type 2 diabetes, dyslipidaemia, hypertension and cardiovascular disease.

Classification:	BMI	Waist circumference:
Normal	18.5–24.9	At increased health risk if: Men ≥ 40 in (102 cm) Women ≥ 35 in (88 cm)
Overweight	25.0–29.9	
Obesity (I)	30.0–34.9	
Obesity (II)	35.0–39.9	
Severe obesity (III)	≥ 40	

Why should I have a dental cleaning twice a year? Persons with diabetes are at increased risk for tooth decay and gum disease. A gum infection (periodontitis) can cause blood sugar levels to rise. Therefore, brush your teeth twice a day, use a tongue scraper to remove bacteria and floss teeth daily.

Is there treatment for erectile dysfunction (ED)? ED affects 34–45% of men with diabetes. Men can complete a Sexual Health Inventory online at <http://www.njurology.com/forms/shim.pdf>. Doctor can prescribe medication to treat ED.

What is HbA1c? (also known as glycated haemoglobin) The level of HbA1c reflects your average blood glucose level over the past 3 months. A HbA1c level greater than 6.5% is diagnostic of diabetes.

What is IFG and IGT? Persons diagnosed with impaired fasting glucose (IFG) and/or impaired glucose tolerance (IGT), have blood glucose levels higher than normal but not high enough to be classified as diabetes. These individuals have an increased risk of developing type 2 diabetes, heart disease, and stroke. Their HbA1c level will be between 5.7%–6.4%

What is cholesterol? A fat-like substance found in blood, muscle, liver, brain, and other tissues. Too much cholesterol causes fat to build up in the walls of the larger arteries and cause atherosclerosis. High levels of triglycerides are also associated with an increased risk of heart disease.

What are trans fats? *Trans fats* found in foods can raise blood cholesterol levels. If the ingredient list includes "*shortening*," "*partially hydrogenated vegetable oil*" or "*hydrogenated vegetable oil*," the food contains *trans fats*.

How many grams of sugar in a teaspoon of sugar?

4 grams of sugar which is equivalent to 16 calories.



GOVERNMENT OF BERMUDA
Ministry of Health
Department of Health

Diabetes Task Group 2009

Copyright © 2010 Department of Health