

Getting Organized With Diabetes

Whether you are newly diagnosed or have been living with type II diabetes for a while, managing this disease can feel overwhelming. Organizing your thoughts and questions about diabetes can help you take control of your health. Think about the areas in your life that feel uncertain or even confusing because of diabetes. Coming up with a game plan to address your concerns can make all the difference! Each person has a unique experience but included in this newsletter are a few guideposts to help along your journey.

Health Check

Check Up List	Healthy 1 Basic Check Up	Healthy 2 Male Age > 35 y	Healthy 3 Female Age > 35 y
Physical Examination	✓	✓	✓
Chest X-Ray	✓	✓	✓
EKG	✓	✓	✓
Urine Exam	✓	✓	✓
CBC	✓	✓	✓
Lipid Profile : Cholesterol, Triglycerides, HDL, LDL-calculated	✓	✓	✓
Uric Acid	✓	✓	✓
Creatinine, BUN	✓	✓	✓
Pelvic Exam & Pap Smear Test and Breast Exam by Obstetrician	✓	✓	✓
Health Check Up Report	✓	✓	✓

Do not consume any food or drink for 8 hours before check up.

Organizing Tips

Organizing Tip

How It Can Help

Keeping A Daily Log of Blood Glucose Levels

When you keep an accurate log of your blood glucose levels, you can bring it with you to your doctor appointments. This log can give your doctor a clear idea of how well your diabetes is managed. This information can also help your doctor determine if an adjustment in medication or diet is needed.

Meal Planning

When you plan your meals ahead of time and make a grocery list, you are more likely to make healthier choices. Going to the grocery store without a meal plan can be a tempting dilemma. Planning your meals puts you in control of your diet.

Keeping A List Of Current Medications & Over-The-Counter Supplements

Keeping a list of your medications can help you take them timely. This list is also a helpful tool to bring with you to your doctor appointments. Your doctor will review your current list and compare it to your health record. This review helps to avoid medication discrepancies between your health record and what you are taking. This is especially helpful after a hospital stay or if you are taking medications prescribed by other specialists and over-the-counter supplements.

Sorting Your Medications & Supplies

By sorting and organizing your medications and supplies, you can find what you need more quickly. This will also help you plan for when you need your next refill and supplies before they run out.

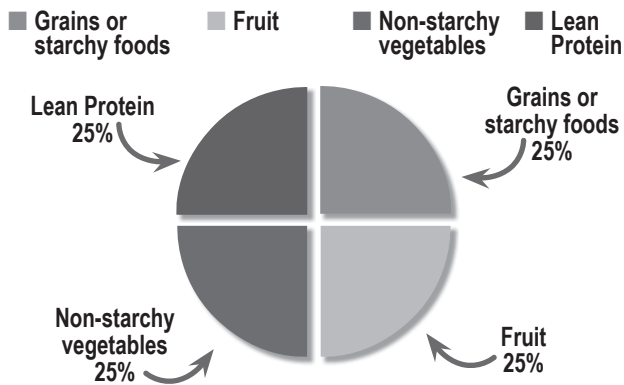
Let's get organized!

Meal Planning

You can discuss meal planning suggestions with your doctor.

Here is a recommendation by the Center for Disease Control and Prevention to help you get started.

9-Inch Dinner Plate



Grocery List

Fruits & Veggies

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Grains

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Protein

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Other

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Weekly Meal Planner

	Breakfast	Lunch	Dinner	Healthy Snacks Options
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

My Doctor Suggested I Check My
Glucose Levels ____ Times Per Day.

- | | |
|---|--|
| <input type="checkbox"/> Before Breakfast | <input type="checkbox"/> Before Dinner |
| <input type="checkbox"/> After Breakfast | <input type="checkbox"/> After Dinner |
| <input type="checkbox"/> Before Lunch | <input type="checkbox"/> Bedtime |
| <input type="checkbox"/> After Lunch | |

Glucose Tracking Schedule

Blood Glucose Tracker

Date Of: __/__/__	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Breakfast														
Lunch														
Dinner														
Bedtime														

A great benefit to logging your blood glucose levels is that you can share it with your doctor. This gives your doctor a clearer picture of how your diabetes is being managed. You can print this tracker and make several copies to help you keep an accurate log of your levels.

Physical Activity

My Medications:

Medication Name	Dose	Frequency

Medication & Insulin Schedule