

Lilly Diabetes

Your journey inspires ours.

## Self-Care Diary



Name

Healthcare

Provider's Name

Address

Telephone

City

Hospital

State

Zip

Telephone

Pharmacy

***I have diabetes.***

***In case of emergency, please call:***

Telephone

Name

Diabetes Educator's Name

Address

Telephone

Telephone

## **Small Steps to Managing Diabetes**

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Taking small steps can be helpful in managing your diabetes. One key step is checking your blood sugar (glucose) levels. Talk with your healthcare provider about when and how often you should check. Keep track of your results on page 13 of this diary.

Another blood test is the A1C, which your healthcare provider should check about every 3 to 6 months during your checkup. The A1C result can give you a clearer picture of whether or not your diabetes is being well managed because it measures your average blood sugar level over a period of several months.

Talk to your healthcare provider about your goals for these tests and write them down in the section of this diary called “Your Diabetes Plan” on page 8 so you will always know your target ranges.

Be sure to take this diary with you when you visit your healthcare provider. This will help him or her find any patterns (such as high blood sugar levels after meals) that may lead to changes in your medication or meal plan for better control. By making regular entries in this diary, you will be a partner in helping to manage your diabetes.

## Health Checklist

Below are some health measures that you should have checked regularly. The American Diabetes Association (also called the ADA) sets targets for most people with diabetes, but they can vary from person to person. During your next visit, work with your healthcare provider to set your personal target and test values. Be sure to write them in the table below for your own records.

Date: \_\_\_\_\_

<b>What to Do</b>	<b>ADA Targets</b>	<b>My Targets</b>
Check Blood Pressure	Below 130/80 mmHg	
Check Weight	---	
LDL Cholesterol	Below 100 mg/dL	
HDL Cholesterol	Men: Above 40 mg/dL Women: Above 50 mg/dL	
Triglycerides	Below 150 mg/dL	

## Diabetes Care

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Here are some key things you should do to help you manage your diabetes:

- See your healthcare provider at least every 3 to 6 months
- Make sure to have your kidneys tested (urine and blood) every year
- Have a visual foot exam every visit and a complete foot exam at least every year
- Make sure to get a complete dilated eye exam at least once every year\*
- Every year, get your flu shot
- Get a pneumonia vaccine as recommended by your healthcare provider

\*Yearly exams for all people with type 2 diabetes. Yearly exams for people with type 1 diabetes should start within five years after they are diagnosed.

## **Blood Sugar Goals**

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One of your main goals is to manage your blood sugar levels. For people with diabetes, the ADA suggests the following blood sugar and A1C goals:

- Before meals: 70 mg/dL to 130 mg/dL
- 1 to 2 hours after meals: lower than 180 mg/dL
- A1C: less than 7%

These guidelines work for many people, but not everyone. Your own goals may be higher or lower. Your healthcare provider will help you set the blood sugar target range that is right for you.





## Meal Planning

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You might have heard that having diabetes means you have to give up all the foods you like. But really, it's not about dieting; it's about learning to eat healthy, satisfying meals by making some changes.

Diabetes meal planning includes:

- Understanding how different foods and the amount you eat affect your blood sugar
- Choosing healthy foods
- Eating regular meals at the right times

As a small step, you can use the chart on page 12 in this diary to keep track of the foods you eat. By comparing your daily meals with your blood sugar test results, you may be able to see which foods might be raising or lowering your blood sugar levels. Share this log with your healthcare provider during your next visit.

- 1 Write the foods you ate for each meal.
- 2 Record your blood sugar on the line that shows when it was checked.

Meal Log for the Week of \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tues*	1 Yogurt w/Granola, Orange Juice			
Wed				
Thurs				
Fri				
Sat				
Sun				

EXAMPLE

\*This is an example only. Talk to your healthcare provider about your meal plan.

- 3 Write in the number of units and type of insulin on the line that shows when it was taken.
- 4 Write in any special notes you think may be important for your healthcare provider to know about what was going on at the time (such as if you ate a big meal, were sick that day, felt a lot of stress, extra physical activity, etc.)

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar	
<b>Mon</b>	2	3											
<b>Tues*</b>	129	5 units/ insulin	140										4 Ate earlier than normal
<b>Wed</b>													
<b>Thurs</b>													
<b>Fri</b>													
<b>Sat</b>													
<b>Sun</b>													

EXAMPLE

\*This is an example only. Talk to your healthcare provider about your specific targets and dosing.

Meal Log for the Week of \_\_\_\_\_

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Mon</b>				
<b>Tues</b>				
<b>Wed</b>				
<b>Thurs</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				



# Self-Care Diary

Diabetes targets and goals are based on 2009 ADA Standards of Medical Care in Diabetes.

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