

What I should know about

***THE ANNUAL CYCLE OF CARE
FOR
PEOPLE WITH DIABETES***



Blood Tests



HbA1c

This blood test gives an average of your blood glucose measurements from the past 3 months. It is given as a percentage, which does not equate to your home blood glucose measurements. This should be checked at least once every 12 months but is usually done 3 to 6 monthly.

Goal: 7% or less

Total Cholesterol

You are required to fast for 12 hours before having your cholesterol levels checked. It should be done at least once every 12 months, but if abnormal every 3 months.

Goal: less than 4.0 mmol/L

LDL Cholesterol

This type of cholesterol is associated with plaque formation, 'narrowed arteries' and an increased risk of heart disease and stroke.

Goal: less than 2.0 mmol/L

HDL Cholesterol

This type of cholesterol is also sometimes called 'good cholesterol' and may help reduce your risk of cardiovascular disease.

Goal: 1.0 mmol/L

Triglycerides

Raised triglycerides may increase your risk of heart disease.

Goal: less than 2.0 mmol/L

Eye Care



Because you are at increased risk of several eye problems including retinopathy, cataracts and glaucoma, it is important to have regular eye checks. The doctor at the surgery can do some eye tests but you will need to be referred to either an optometrist or an ophthalmologist at least once every 2 years.

If you experience any vision problems, it is important to make an appointment to discuss these with your doctor.



Kidneys

Microalbuminuria

Protein in the urine is a sign of impaired kidney function. Early detection and treatment can reduce the risk of further damage to the kidneys. Your doctor will give you a pathology form to have this test done only once a year, unless a problem is detected.



Foot Care

In addition to checking your feet daily for problems such as cuts, calluses or blisters, it is necessary for the doctor or podiatrist to check for circulation or sensation impairment every 6 months to reduce the risk of foot damage.

Blood Pressure



Good blood pressure control will reduce the risk of heart attack, stroke, kidney disease and vision impairment. It should be checked once every 6 months and more frequently if you are on medication to lower it.

Goal: equal to or less than 130/80 mm/Hg

Diet and Exercise



A healthy low fat, high fibre diet and regular exercise are the key to any successful management plan for diabetes. Increased activity and reduction in foods that are high in fat and sugar will often reduce blood glucose levels and weight.

Goal: Healthy diet and 30 minutes of exercise 5 days a week (eg. walking)

BMI and Weight



Body mass index = weight (kg) divided by height ² (m)

Goal: BMI of 20 – 25 kg/m². It is recommended that this be checked once every 6 months

Managing your Diabetes and general health is part of your daily life. Each person will choose different ways to enjoy a fulfilling and healthy lifestyle depending on their individual situation. The Annual Cycle of Care offers guidelines for people with Diabetes and their health carers to keep track that all necessary checks are up to date. This is a great way to help prevent any complications occurring and to treat any problems early.

The frequency of each of these checks may vary depending on your specific needs.

Information sourced from Diabetes Australia