

Diabetes Fact Sheets

Free diabetes fact sheets covering all topics of diabetes including, understanding diabetes, managing diabetes, health management, lifestyle and healthy eating and emotional health.



FACT SHEET:
Blood glucose

Checking your blood glucose to see what makes your medicine, being active and diabetes health professionals. These decisions can be

Why do I need to check?
Often, people living with diabetes unless their blood glucose is too high or too low. Checking your blood glucose (also known as self-monitored blood glucose) throughout the day helps you to keep your blood glucose in the target range. Checking your blood glucose is an important part of managing your diabetes and changing lifestyle habits prescribed by your doctor/practitioner. Checking your blood glucose helps you to:

- know immediately if your blood glucose is in target range
- see if your diabetes management is achieving your target

FACT SHEET:
Your diabetes annual cycle of care

The diabetes annual cycle of care is a checklist for reviewing your diabetes management and general health each year. Your doctor will do this review to help you, and your diabetes health professionals manage your diabetes, and your risk of diabetes-related complications.

It is essential to do an annual cycle of care to find any health problems early. If there are early signs of health problems, you can discuss the best possible treatment with your doctor and diabetes health professionals. Without regular checks, diabetes can lead to health problems that can affect your whole body, including your kidneys, eyes, feet, nerves and heart.

The annual cycle of care includes the following health checks:

HbA1c
This blood test reflects your average blood glucose level over the last 10-12 weeks. This should be done at least every 6-12 months, or more often if you have changed your diabetes management, started a new diabetes medication or have difficulties achieving your blood glucose targets. The general recommendation is to aim for a reading of 53 mmol/mol (7%) or less. HbA1c targets can be different for different groups of people. So, it is important to discuss your


HbA1c target with your doctor, diabetes nurse practitioner or diabetes educator.

Blood pressure
Ask your general practitioner (GP) or practice nurse to check your blood pressure at every visit or at least every six months. As a general guide, the target for people with diabetes is 130/80 to 140/90, or less. Research shows that keeping blood pressure in the target range reduces the risk of diabetes-related complications such as stroke, heart, kidney and eye disease, and nerve damage. Your doctor will advise you on a blood pressure target to meet your individual health needs.

Foot checks
Your GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist will check your feet to assess blood supply and sensation at least every year. Together, this will determine your risk of developing diabetes-related foot problems.

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diabetes australia
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