



Goals of Management for people with Type 2 diabetes

All people with Type 2 diabetes are encouraged to reach the following goals for the best management of their diabetes

| | Test | Goals/ What it should be | How often | Date - Resluts | Date - Results | Date - Results | Date - Results |
|-----------------|----------------------|---|-----------------|----------------|----------------|----------------|----------------|
| Blood Glucose | Blood Glucose level | Fasting 4-6 mmols 2hrs post meal 4-8 mmols | Self monitoring | | | | |
| | HbA1c | 7% or less | 3 – 6 monthly | | | | |
| Heart | Cholesterol | Total less than 4 mmol/L | 3 – 6 monthly | | | | |
| | | HDL more than 1 mmol/L | | | | | |
| | | LDL less than 2.5 mmol/L | | | | | |
| | | Triglycerides less than 1.5 mmol/L | | | | | |
| Heart & Kidneys | Blood Pressure | 130/80 or less | Every visit | | | | |
| Kidneys | Urinary microalbumin | Albumin creatinine ratio (ACR) Less than 3.5 mg/mmol Women 2.5 mg/mmol Men | yearly | | | | |
| Feet | Foot examination | Pulses/circulation, Sensation, Nail care/foot care | 6 monthly | | | | |
| Eyes | Eye examination | By Ophthamologist or Optomitrist | 1 – 2 yearly | | | | |
| Teeth | Dental check | By Dentist | yearly | | | | |
| | Flu vaccination | By GP or health clinic | yearly | | | | |
| Lifestyle | Weight | Your goal | | | | | |
| | Waist Circumference | Less than 94 cm Men 80 cm Women | | | | | |
| | Exercise | Aim for 30 mins most days | | | | | |
| | Alcohol | 2 or less drinks/day with 2 alcohol free days | | | | | |
| | Cigarettes | None | | | | | |

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