

KNOW YOUR GOALS BY THE NUMBERS

Laboratory Tests in Diabetes	Range	My Test Results	My Near-Term Goals (6 months)
Fasting plasma glucose (measure of blood sugar)	90-130 mg/dL	_____ mg/dL	_____ mg/dL
A1C (measure of blood sugar over 3 months)	6-8%	_____ %	_____ %
Cholesterol	160-200 mg/dL	_____ mg/dL	_____ mg/dL
HDL cholesterol	45-60 mg/dL (men) 55-60 mg/dL (women)	_____ mg/dL _____ mg/dL	_____ mg/dL _____ mg/dL
LDL cholesterol	60-100 mg/dL	_____ mg/dL	_____ mg/dL
Triglycerides	10-150 mg/dL	_____ mg/dL	_____ mg/dL
Blood pressure	Below 130 mmHg (Systolic) Below 85 mmHg (Diastolic)	_____ mmHg _____ mmHg	_____ mmHg _____ mmHg

Additional Recommendations:

- Don't miss any office visits and have your feet examined each visit
- Follow the meal plan recommended by your health care provider
- A dilated eye exam is recommended annually
- Begin a regular exercise program
- Measure your blood sugar at home
- Discuss having an annual urine test to measure microalbuminuria to detect possible kidney complications
- If you are a smoker, seriously consider quitting
- Get a flu shot every fall before the flu season begins
- If you are taking medicine in addition to diet and exercise, follow your health care provider's instructions exactly

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LAKESIDE MEDICAL ASSOCIATES, INC.

Lakeside Medical Associates, Inc.
 Burbank (818) 557-2671
 North Hollywood (818) 755-0391
 Van Nuys (818) 376-1155,
 Phone: Mission Hills (818) 365-8553
 Santa Clarita (661) 222-9381
www.mylmadocor.com

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