



make the connection



BE WELL - KNOW YOUR



make the connection

This diabetes management kit is designed to help the General Practitioner and Staff manage patients with diabetes.

The kit contains a printed **Diabetes Management Review Sheet** for you to photocopy and a CD-Rom electronic version.

The CD-Rom contains the **Diabetes Management Review Sheet** which enables you to print further copies as needed. It also has an electronic version, which can be downloaded to record your patient's details directly onto your PC.

The **Diabetes Management Review Sheet** covers a two-year period.

*Another diabetes reference guide "Goals for Management" is on the inside cover of this folder.*

- *People with diabetes should be regularly assessed for cardiovascular risk factors and the presence of macrovascular and microvascular disease.*
- *Cardiovascular disease is the leading cause of death for people with diabetes.*
- *Two thirds of people with diabetes will die from heart disease or stroke.*
- *The Be Well - Know Your BGL message launched by Diabetes Australia two years ago, alerted people to an indicator of their health, their blood glucose level. Diabetes Australia urges people to talk to their doctor and make the connection between cholesterol, blood pressure and blood glucose.*
- **Pre-diabetes is also a risk factor for CVD:**
  - FPG 5.5 - 6.9 mmol/L
  - RPG 5.5 - 11.0 mmol/L



**Encourage all people with diabetes to reach the following goals for optimum management of their diabetes.**

## Goals for management\*

Blood Pressure	< 130/80 mm Hg <sup>§</sup>
BGL - Fasting	4 - 6 mmol/L
BMI	≤ 25 kg/m <sup>2</sup> where practicable
HbA1c	≤ 7% (both CV and renal risk) IDF recommendation
LDL Cholesterol	< 2.5 mmol/L
Cholesterol	< 4.0 mmol/L
HDL Cholesterol	≥ 1.0 mmol/L
Triglycerides	< 2.0 mmol/L
Urinary albumin excretion	< 20 µg timed overnight collection < 20 mg/L spot collection < 3.5 mg/mmol women, < 2.5 mg/mmol men albumin creatinine ratio
Cigarette consumption	Zero
Alcohol intake	≤ two standard drinks (20g) day for men and one for women. two alcohol-free days / week.
Physical Activity	≥ 30 minutes walking (or equivalent) five or more days/week  (total ≥ 150 minutes/week)
* Diabetes Management in General Practice 2003/4 <sup>§</sup> Draft guidelines	

## Your patients can benefit from membership of Diabetes Australia

- Benefits include access to the latest advances in diabetes management, research and resources, discounts on products and services, access to group education programs, diabetes nurse educators, dietitians, information, support and publications.
- By being registered on the National Diabetes Services Scheme (NDSS).



**make the connection**



**blood glucose levels**

**blood pressure**

**cholesterol**

