











Diabetes Self Management

Diabetes is a very serious disease which may cause damage to the blood vessels and nerves leading to the brain, eyes, heart, kidneys, toes and feet.

You, the patient, are the most important person to manage your diabetes. We will guide you and offer support as you manage your diabetes. We need your help.

Please choose goals you are willing to work on to better manage your diabetes		Yes	No
	<u>Goal 1:</u> I will take my medications as I am told. I will not miss any doses.		
	<u>Goal 2:</u> I will exercise (walk) 30 minutes ____ days per week. If I feel chest pain, shortness of breath or chest tightness, I will go to ER.		
	<u>Goal 3:</u> I will check my feet daily. If I notice a sore or redness I will call my doctor. I will not walk barefoot. I will visit the foot doctor once a year, or as I am told.		
	<u>Goal 4:</u> I will follow my diabetic and low fat diet to reduce my sugar and cholesterol. I will eat my meals at the same time every day.		
	<u>Goal 5:</u> I will try to obtain my ideal body weight. I will lose ____ pounds by my next office visit.		
	<u>Goal 6:</u> I will not drink alcohol.		
	<u>Goal 7:</u> I will stop smoking.		
	<u>Goal 8:</u> I will see my eye doctor every year or as I am told.		
	<u>Goal 9:</u> I will check my sugar as I am told and will bring my log book to my doctor appointments. I will know my A1C results and my A1C goal.		
	<u>Goal 10:</u> I will talk about how I feel about having diabetes to family, friends, & or pastor (minister).		