

<b>Regular checks for management of diabetes</b> <i>This is a guide only, ask your doctor or nurse which tests and the timing of tests that are right for you</i>		<b>Self care</b>	<b>Professional healthcare</b>		
		Daily	3 months	6 months	1 year
<b>HBA1c</b> Blood glucose	Shows the average level of glucose attached to haemoglobin over the previous 3 months. Checked 3 monthly for those at high risk or where there has been changes in treatment. Studies show that people with diabetes who keep their HbA1c within the guidelines are able to prevent or delay diabetes complications that may affect eyes, kidneys, nerves and blood vessels.		✓	✓	
<b>Self Blood Glucose Monitoring</b> (SBGM)	People who are on insulin check their blood glucose at home (self monitoring blood glucose SMBG) to determine how much insulin they need. Sometimes people on other medication may be required to occasionally check their glucose at home. Your healthcare provider will tell you if this should be part of your self care. This is a finger prick test	✓			
<b>Blood Pressure</b> (BP)	At every visit to your doctor or nurse, or at least 6 monthly. High blood pressure is common, and easy to not know there is a problem. Even those without diabetes need to have their blood pressure checked. High blood pressure can weaken the heart and damage the walls of the arteries.		✓	✓	
<b>Lipids Profile</b> Cholesterol	Checking total cholesterol levels includes total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides plus an additional calculated value - the cholesterol/HDL ratio. Lipid profiles are usually tested every three months until the lipid results are at the target levels. After that they are usually checked once or twice a year to make sure they remain near target.			✓	✓
<b>Feet</b>	Daily self care, every visit to the doctor or nurse. Your healthcare professional will check your feet and test for sensitivity every 3 months if you are at high risk for complications.	✓	✓	✓	
<b>Ketones levels</b> Blood glucose	<b>Usually for type 1 diabetes.</b> A urine test can be done to check the level of ketones in your body.	As required			
<b>Retina check</b> Eyes	Checked annually if there is eye damage otherwise 2 yearly.				✓
<b>ACR</b> Microalbumin test Kidneys	For those at high risk – 6 mthly.			✓	
<b>eGFR</b> Kidneys	For people at moderate to high risk of diabetes timing of tests will be determined by your doctor.				✓
<b>BMI / Weight</b>	Weight and waist measurement by your healthcare team will be reviewed at least annually.				✓
<b>Teeth and gums</b>	Checked at least annually by your dentist. Daily dental hygiene is important.	✓		✓	
<b>Healthy lifestyle</b>	Not smoking / healthy eating / keeping active / managing stress / managing any depression / getting enough sleep / taking time for yourself.				

*PLEASE ENSURE that anyone providing healthcare including dental or eye care, knows about your diabetes and any other health condition. Also don't wait for others, it's up to each of us to make sure the tests get done either for ourselves or family members who may not be able to make the arrangements.*