

Diabetes Partnership Record

Know Your A1C!

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Name: _____

Name: _____

Name: _____

Review Blood Sugar Records (Bring your Glucose Diary to every visit) Target (pre-meals):	Date:				
A1C -Blood test to measure past 3 mos. blood sugar level (every 3 months) Target: less than 7.0	Date:				
	Value:				
Weight (every visit) Target:	Date:				
	Value:				
Blood Pressure (every visit) Target: 120/80	Date:				
	Value:				
Creatinine (every 3 months) Target: less than 1.4	Date:				
	Value:				
Microalbuminuria Urine kidney test (every year) Target: Negative	Date:				
	Value:				

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Lipids

Blood test to measure "blood fats"
Important to heart disease

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Cholesterol (every year) Target: less than 200	Date:				
LDL "Bad Cholesterol" (every year) Target: less than 100	Date:				
	Value:				
HDL "Good Cholesterol" (every year) Target: greater than 45	Date:				
	Value:				
Triglycerides (every year) Target: less than 150	Date:				
	Value:				

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Foot Exam (every visit)	Date:				
Dilated Eye Exam (every year)	Date:				
Flu Shots (every year)	Date:				
Pneumonia Vaccine (every 5 years)	Date:				

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Do you smoke? Yes No Packs per day? _____
Do you take an Aspirin every day? Yes No

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Do you take an Aspirin every day? Yes No

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Do you take an Aspirin every day? Yes No

Jackson County Free Health Clinic

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Phone: 816-404-6455

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Clinic Hours:

By appointment only

Tuesday Evenings from 6 p.m. to 9 p.m.

First Friday of every month 9 a.m. to 12 pm

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First Friday of every month 9 a.m. to 12 pm

No appointment necessary

First Friday of every month 8 a.m. to 9 a.m.

Diabetes Drop In

Diabetes Education class to be arranged

No appointment necessary

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Medications:

(Please list all medications including over the counter and vitamin supplements)

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Allergies:

(Please list any known medication or food allergies)

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