

Type 2 diabetes

This checklist will help you keep on top of all your appointments and healthcare checks. Use it only as a guide. More frequent checks may be needed if there are problems or if advised by your health professional.

Daily self-checks

- Blood glucose checks**
Monitor your blood glucose levels regularly and meaningfully. Work with your healthcare professional to decide the frequency of checks and targets to work towards.
- Foot check**
Check your feet every day. Look for any swelling, redness, skin breaks or any signs of infection. See your podiatrist if there are any problems. Protect your feet in well-fitting socks and shoes.
- Mouth check**
Check your mouth every day for signs of swelling, tenderness or bleeding gums. See your dentist if you notice any problems.

Three to six months

- Blood pressure check**
Have your blood pressure checked and recorded by your GP every three to six months.
- HbA1c check**
HbA1c is an average of your blood glucose levels over a two to three month period. Have your HbA1c levels checked by your GP or endocrinologist every six months.

Six months

- Dental check**
Visit your dentist at least every six months for a check-up and clean to help prevent any oral health problems.
- Medication review**
Ask your GP or endocrinologist to review your medication type and dosage every six months. Your medication requirements may change with time due to weight changes, if you are unwell or are unable to exercise.

Six to twelve months

- Foot check**
In addition to daily self-checks, see a podiatrist, endocrinologist or GP every six to twelve months. Nerves are checked with a fibre called a monofilament and pulses or a doppler are used to check circulation.

Every 12 months

- Cholesterol and triglycerides (blood fats)**
Ask your GP to measure the cholesterol levels in your blood.
- Kidney function check**
Ask your GP or endocrinologist to check your kidney function with urine and blood samples. Your urine will be checked for protein (a sign there could be kidney problems) and the blood sample measured for kidney function. Early detection and treatment of kidney problems can help prevent further damage.
- Heart check**
Speak to your GP to assess your risk factors for cardiovascular disease.
- Wellbeing check**
People with diabetes can sometimes feel a bit weighed down or depressed. If you feel your diabetes is affecting your emotional wellbeing, get some help from your diabetes educator or GP. You can also check your emotional health using the Minding Diabetes online tool www.mindingdiabetes.com.au

Target Guide

Work with your health professional to set the right targets for you. You can note them here.

Blood pressure:
Cholesterol/Triglycerides:
Blood glucose:
HbA1c
Weight:

YOUR TYPE 2 DIABETES HEALTH CARE CHECKLIST

Every two years

△ Eye check

Visit an optometrist or ophthalmologist at least every two years (more often if advised) to get your eyes checked for any changes to the retina. The eye specialist will apply dilation drops to your eyes so that the backs of your eyes can be properly examined. Regular visits help your eye specialist to detect and treat any changes early.

Other things to think about

Healthy eating review

Visit a dietitian to review your healthy eating plan, especially if you are gaining weight, starting on insulin or need to get your blood glucose levels back on track.

Are you active enough?

Physical activity is important for your heart, blood pressure, circulation, weight, wellbeing and benefits blood glucose management. Be active every day and in as many ways as you can.

Do you smoke?

People with diabetes are at greater risk than the rest of the population of heart and circulation problems. Smoking further increases the risk. If you would like some help to quit smoking, speak to your GP or call the Quitline on 13 7848.

Education

See your diabetes health professional or visit the Diabetes WA website

www.diabeteswa.com.au to find out about

information sessions available to you.

Ambulance membership

Make sure your ambulance membership is up to date by contacting St John Ambulance Australia on 1300 360 455.

Peer Support

Many people find that talking with other people with diabetes is really helpful. Find out about support groups in your area by calling Diabetes WA on 1300 136 588.

Women

Pregnancy and pre-pregnancy care

See your endocrinologist and diabetes educator as soon as you think about becoming pregnant for planning advice. Planning for pregnancy includes seeing an obstetrician, having your diabetes checks and aiming for optimal management at least six months before you start trying. See your endocrinologist and obstetrician promptly when you become pregnant.

Kids and teens

For kids and adolescents and their parents

Speak to your healthcare team about when is the best time to move from paediatric diabetes care to adult care.

For school-aged children

Review diabetes management plans with your healthcare team annually and regularly discuss any updates with school staff.

Diabetes WA membership

For the latest in diabetes news, events and information, become a member or sign up for one of our free e-newsletters. Phone [1300 136 588](tel:1300136588) or visit www.diabeteswa.com.au to find out more.