Complete Endocrine Care

1. BLOOD PRESSURE: If you check your blood pressure at home or at a pharmacy, please also record these readings and bring them. Record all three numbers, which include the systolic pressure, diastolic pressure and your heart rate.
2. GLUCOMETER CHECK: Whenever you go for blood work, always take your glucometer with you. As soon as your blood is drawn, immediately check your glucose with your glucometer, record it in your diabetic log book, and circle it, as many people often forget which reading was the one done at the lab. This is to ensure the glucometer is accurate.
3. SUGARS CHECK: Check your sugars ONCE a day at DIFFERENT times each day. (e.g. once before breakfast, once before lunch, once before dinner and once before bedtime). Follow the "x" on the table

GLUCOSE TARGETS:
- Before meals: 4 - 7 mM
- 2 hours after meals: < 10 mM

A1C TARGETS:
< 7% - For excellent control
< 6.5% - For "perfect" control"

BP TARGET: - < 130 / 80

**GLUCOMETER READING AT LAB:**

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| BP CHECK | SYSTOLIC | DIASTOLIC | HEART RATE | |
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