

Personal Diabetes Record



Treating Low Blood Sugar

Symptoms:

- hungry
- dizzy or shaky
- confused
- pale
- sweaty
- weak
- anxious
- headaches
- fast heartbeat

Treatment:

If you are experiencing any of the symptoms, test your blood sugar.

If your blood sugar is lower than 70 mg/dL, consume 15-20 grams of glucose or simple carbohydrates.

Examples include 3-4 glucose tablets (follow package directions), 4 ounces of juice or regular soda, 2 tablespoons of raisins, or 8 ounces of nonfat or 1% milk. Repeat after 15 minutes if necessary. If unable to swallow, call 911.

National Institutes of Health (NIH)

The National Institutes of Health and the American Diabetes Association recommend the checkups listed below for good diabetes care.

Name: _____

Diabetes care provider: _____

Emergency contact: _____

Diabetes care provider phone number: _____

Every Visit:	Date of Visit	Results	Date of Visit	Results
Blood pressure				
Weight check				
Foot check				
Review blood glucose readings				
Review meal plan				
Review activity level				
Review medicines				
Dilated eye exam				
Complete foot exam				

Every Year:	Date of Visit	Results	Date of Visit	Results
Total cholesterol				
HDL cholesterol				
LDL cholesterol				
Triglycerides				
Urine test for protein				
Flu shot				

At Least Every Six Months	Date of Visit	Results	Date of Visit	Results
A1C blood test				
Dental exam				