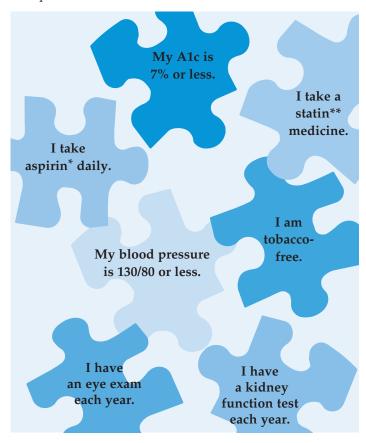
Staying in Control: Putting the Pieces Together

You can stay healthy when you have diabetes **if** you control the pieces of the puzzle. Make sure you have the necessary tests and know the targets for these tests. Work with your doctor and health care team to keep each piece under control.



*Aspirin use is recommended if you have heart disease or stroke.

Always check with your health care provider before starting aspirin use.

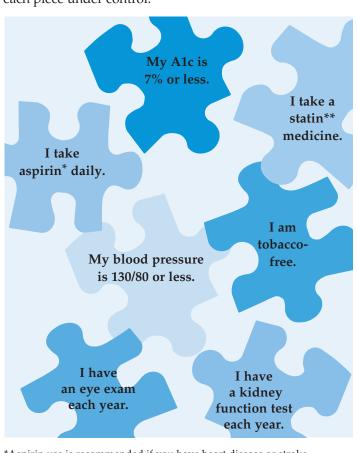
**Talk with your health care provider about taking a statin medicine.



EDUCATION

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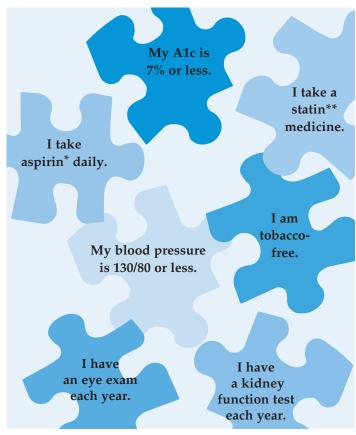
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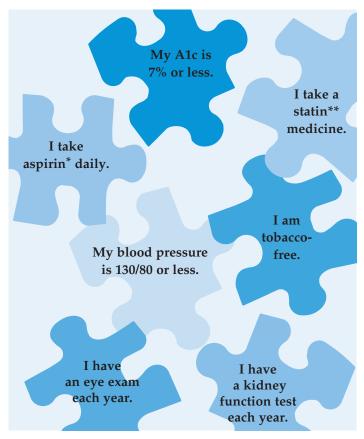
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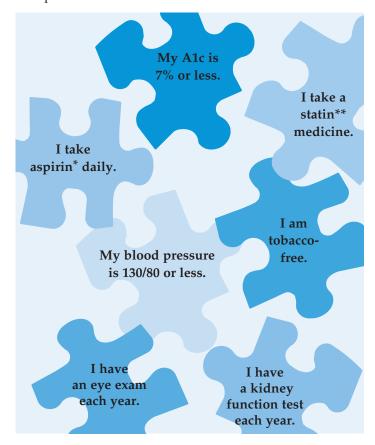
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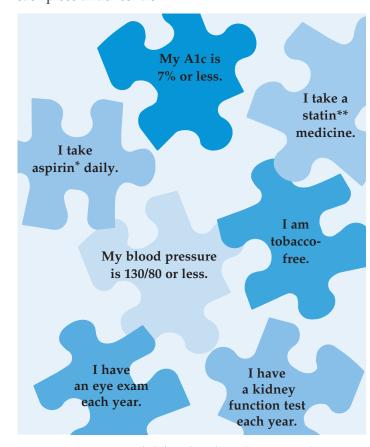
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	Goal	Results	Control		Goal	Results	Control		Goal	Results	Control
A1c	7% or less			A1c	7% or less			A1c	7% or less		
Statin	Yes**	Y/N		Statin	Yes**	Y/N		Statin	Yes**	Y/N	
BP	130/80 or less			BP	130/80 or less			BP	130/80 or less		
Aspirin	daily*	Y/N		Aspirin	daily*	Y/N		Aspirin	daily*	Y/N	
Tobacco Use	No	Y/N		Tobacco Use	No	Y/N		Tobacco Use	No	Y/N	
Eye Exam	annually	Y/N		Eye Exam	annually	Y/N		Eye Exam	annually	Y/N	
Kidney Test	annually			Kidney Test	annually			Kidney Test	annually		
Diabetes Education	annually if A1c > 8%	Y/N		Diabetes Education	annually if A1c > 8%	Y/N		Diabetes Education	annually if A1c > 8%	Y/N	
or stroke. Alw before starting	recommended if yo rays check with you g aspirin use. ur health care provi	ır health care p	provider	or stroke. Alw before starting	recommended if yo ays check with you gaspirin use. Ir health care provi	ır health care p	rovider	or stroke. Alw before starting	recommended if yo ays check with you gaspirin use. Ir health care provi	ır health care p	orovider
Appointmer	nt			Appointmer	nt			Appointmer	nt		
□ Provider:				☐ Provider:				☐ Provider:			
						Time:				Time:	
☐ Diabetes Specialist (nurse or dietitian):				☐ Diabetes Specialist (nurse or dietitian):				☐ Diabetes Specialist (nurse or dietitian):			
Data		T:		Data		Time		Data	•	T:	
Date:				Date:		11me:		Date:		Time:	
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Allina Health allinahealth.org				Allina Health allinahealth.org				Allina Health allinahealth.org			
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		DEMARKS USED ARE OWNED B ACE MEDICAL OR PROFESSIONA	BY THEIR RESPECTIVE OWNERS	OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS THIS INFORMATION DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE. dia-ah-54073 (5/18)				OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS THIS INFORMATION DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE. $dia-ah-54073~(5/18)$			
	Your Goal	Your Results	In Control		Your Goal	Your Results	In Control		Your Goal	Your Results	In Control
A1c	7% or less			A1c	7% or less			A1c	7% or less		
Statin	Yes**	Y/N		Statin	Yes**	Y/N		Statin	Yes**	Y/N	
BP	130/80 or less			BP	130/80 or less			BP	130/80 or less		
Aspirin	daily*	Y/N		Aspirin	daily*	Y/N		Aspirin	daily*	Y/N	
Tobacco Use	No	Y/N		Tobacco Use	No	Y/N		Tobacco Use	No	Y/N	
Eye Exam	annually	Y/N		Eye Exam	annually	Y/N		Eye Exam	annually	Y/N	
Kidney Test	annually			Kidney Test	annually			Kidney Test	annually		
Diabetes	annually if A1c > 8%	Y/N		Diabetes	annually if A1c > 8%	Y/N		Diabetes	annually if A1c > 8%	N//NT	
or stroke. Alw before starting	recommended if your ays check with you	ou have heart our health care p	provider	or stroke. Alw before starting	recommended if yo ays check with you	ou have heart our health care p	rovider	or stroke. Alw before starting	recommended if yo ays check with you	ır health care p	rovider
Appointment				Appointment				Appointment			
□ Provider:				□ Provider:				□ Provider:			
Date: Time:				Date: Time:				Date: Time:			
□ Diabetes S	pecialist (nurse o	or dietitian):		☐ Diabetes S	pecialist (nurse o	r dietitian):		☐ Diabetes S	pecialist (nurse o	r dietitian):	
Date: Time:				Date: Time:				Date: Time:			
Notes:				Notes:				Notes:			
	*				*				*		
	***				No.				No.		



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