Type 2 diabetes

This checklist will help you to keep on top of all of 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.

Diabetes Education

A diabetes educator will work with you to help you understand and manage your diabetes.

Blood glucose checks

Work with your GP or diabetes educator to decide frequency of checks and targets to work towards.

Foot check

See your podiatrist at diagnosis and if there are any problems. Check your feet every day. Look for any swelling, redness, skin breaks or any signs of infection. Protect your feet in well-fitting socks and shoes.

Mouth check

See your dentist at diagnosis and if there are any problems. Check your mouth every day for signs of swelling, tenderness or bleeding gums. Brush and floss your teeth every day.

3–6 months

Blood pressure check

Have your blood pressure checked and recorded by your GP at every visit.

HbA1c check

HbA1c is an average of your blood glucose level over a three month period. Have your HbA1c levels checked by your GP or endocrinologist every three to six months.

Six months

Dental check

Visit your dentist at least every six to twelve months for a check-up and clean to help prevent any oral health problems (even if you wear dentures).

Medication review

Ask your GP or endocrinologist to review your medicines type and dosage every six months. Your medicine requirements may change. Tell your doctor if you are taking any over the counter or herbal medicines.

6–12 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. Pulses or a doppler ultrasound are used to check circulation.

Kidney function check

Ask your GP or endocrinologist to check your kidney function with urine and blood tests. Your urine will be checked for protein (a sign there could be kidney problems) and your blood checked 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

Wellbeing check questions can at times be overwhelming and you may feel stressed or depressed. If you feel your emotional wellbeing is affected, you can talk to your diabetes educator or GP.

Target guide

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

Blood pressure

Cholesterol/triglycerides (blood fats)

Ask your GP to measure the cholesterol and triglycerides in your blood.

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Every 1-2 years

Eye check

After your initial eye check at diagnosis, visit an optometrist or ophthalmologist at least every 2 years. (More often if advised or you notice changes to your vision). Aboriginal people with diabetes should have an eye check at least once every 12 months. The eye specialist will apply dilation drops to your eyes to examine the health of the retina (back of the eye). Regular visits can help detect and treat any changes early.

Other things to think about

Dietitian review

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

Are you active enough?

Physical activity is important for your heart, blood pressure, circulation, weight, wellbeing and helps lower blood glucose levels. 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 78 48.

Ambulance membership

Make sure your ambulance membership is up-to-date by contacting Ambulance Victoria on 1300 366 141.

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 Victoria on 1300 136 588.

Resources

The Diabetes Victoria website has information sheets, resources and events about living with type 2 diabetes: www.diabetesvic.org.au

You can call the Diabetes Victoria Helpline on 1300 136 588 for more information about managing diabetes: www.ndss.com.au

Women

Pregnancy and pre-pregnancy care

If you are thinking about starting a family, see your endocrinologist and Diabetes nurse educator for advice before becoming pregnant. Planning for pregnancy includes discussion of healthcare and your GP, having your diabetes checks and aiming for target blood glucose levels at least six months before you start trying. See your endocrinologist and diabetes specialist promptly when you become pregnant.

Kids and teens

For school-aged children

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

Transitioning care

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

Membership

For the latest in diabetes news, events and information, become a member of Diabetes Victoria. Phone 1300 136 588 or visit www.diabetesvic.org.au

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