BEST HOSPITALS
U.S.News & WORLD REPORT
NATIONAL
DIABETES & ENDOCRINOLOGY
2016-17

DIABETES DIARY

Montefiore

MANAGING YOUR DIABETES

Montefiore physicians know it can be a challenge managing your diabetes. That's why we've created this blood sugar diary designed to help you.

Use this diary to:

- Set goals
- Monitor your blood sugar
- Record important information related to your diabetes treatment
- Track your progress

Always consult your health care provider if you have questions about your medications, treatment or when and how often to check your blood sugar levels.

LOW BLOOD SUGAR

Close family and friends should be made aware of your diabetes and symptoms. Low blood sugar is when blood sugar levels are less than 70 mg/dl.

Symptoms of low blood sugar can occur within minutes and include:

- Shaking or trembling
- Sweating
- Rapid or pounding heartbeat
- Weakness or confusion
- Hunger
- Feeling crabby, irritable
- Fainting, unconsciousness

Causes

- Too much insulin or too many diabetes pills
- Not enough food or a delay in a meal time
- Too much exercise or unplanned activity

Actions

- Check blood sugar if possible
- Then take a fast-acting sugar source such as
  - 4 ounces (or 1/2 cup) fruit juice or regular soda
  - 3 glucose tablets
  - 6 or 7 Lifesavers
- Finally test blood sugar in 15 minutes

Emergency Support

As a precaution, close friends and family members should be made aware that their support may be necessary in the event of an emergency. They should take the following steps if you become unconscious:

- Call 911 immediately
- Provide an injection of glucagon, if prescribed by your doctor
- Dip a finger in maple or corn syrup and then rub on the inside of your cheek

DIABETES DIARY

Name _____

TEST / FREQUENCY	TARGET	DATE	DATE	DATE	DATE	DATE
Weight Every 3 Months						
Blood Pressure Every 3 Months						
HbA1c Every 3 Months						
(HDL) **"Good" Cholesterol** Yearly						
(LDL) **"Bad" Cholesterol** Yearly						
Triglycerides Yearly						
Microalbumin (protein in urine) Yearly						
Dilated Eye Exam Yearly						
Dental Exam Yearly						
Foot Exam **for Neuropathy** Yearly						

Clinical Diabetes Center at Montefiore
Greene Medical Arts Pavilion, Moses Campus
3400 Bainbridge Avenue, 2nd Floor
Bronx, New York 10467

www.montefiore.org/diabetes-center

Week of _____

Add comments on diet, exercise, stress _____

DAY	BREAKFAST	MEDS / COMMENTS	LUNCH	MEDS / COMMENTS	DINNER	MEDS / COMMENTS	BEDTIME	MEDS / COMMENTS
MON								
TUE								
WED								
THUR								
FRI								
SAT								
SUN								

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YOUR HEALTHCARE PROVIDERS

DIABETES TEAM MEMBERS	NAME	PHONE NUMBER
Primary Care Provider		
Specialist Doctor		
Nurse Educator		
Nutritionist		
Pharmacy		
Eye Doctor		
Dentist		
American Diabetes Association		1-800-Diabetes

YOUR MEDICATIONS

MEDICATION NAME	DOSAGE	FREQUENCY
FLU VACCINE	**Date**	Annually
PNEUMOVAX	**Date**	Once Under 65 Years Once Over 65 Years

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Recognized by *U.S. News & World Report* as a leader in specialty and chronic care, Montefiore is the University Hospital for Albert Einstein College of Medicine.

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