Know your numbers

Diabetes care plan

Ask questions about your diabetes care plan, and make sure you know what steps you need to take. Check the boxes below when you complete each step of your plan.

- ☐ A plan for how and when to check your blood sugar levels
- ☐ A plan for when to take your diabetes medicines
- ☐ A schedule for regular health check-ups
- ☐ Ways to deal with stress
- ☐ A physical activity plan
- ☐ A meal plan
- ☐ A plan for meeting other health goals (such as managing blood pressure



Notes

and cholesterol)

References: 1. Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can | Diabetes. 2018;42(suppl 1):S1-S325. 2. American Diabetes Association. eAG/A1C Conversion Calculator. 2019. Available at: https://professional.diabetes. org/diapro/glucose_calc. Retrieved September 12, 2019. 3. Diabetes Canada, ABCDESS of Staving Healthy with Diabetes, Available at: https:// guidelines.diabetes.ca/reduce-complications/patient-abcdes. Retrieved October 19, 2023.

Be an active participant in your diabetes care

Know your numbers

You are the most important member of your diabetes care team. Take an active role on your team so you can make sure your plan works for you (it's okay—your diabetes care team wants you to be an active part of the team).

Your goals are set just for you

Like your diabetes care plan, your goals are just for you. The goals shown here are recommended by Diabetes Canada for many adults with diabetes. Talk to your diabetes care team about your personal goals.1

A1C and daily blood sugar levels

- At least 2 to 4 times a year, have your A1C level checked1
- The A1C test measures your average blood sugar over the last 2 to 3 months¹
- The chart on the right shows how A1C and blood sugar go up and down together²
- The A1C goal for many adults with diabetes is ≤7%. Your diabetes care team will set a goal just for you1
- Your diabetes care team may also look at other factors related to your blood sugar including maximizing your time in range and minimizing hypoglycemia¹
- Decide with your diabetes care team how often you should check your blood sugar each day
- Blood sugar goals for many adults with diabetes are as follows:1

Goals for many adults with diabetes	
Blood sugar before meals	4–7 mmol/L
Blood sugar 2 hours after the start of a meal	5–10 mmol/L
A1C	≤7%

How your blood sugar and your A1C relate²

Conversion from A1C to Average Blood Sugar²

A1C Levels	Average Blood Sugar
14%	19.7 mmol/L
10%	13.4 mmol/L
9%	11.8 mmol/L
8%	10.1 mmol/L
7%	8.6 mmol/L
6%	7.0 mmol/L
recomm	s Canada ends an A1C of ≤7% t people.¹

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Know your numbers

Diabetes Care Checklist

Diabetes cannot yet be cured, but it can be managed. One part of managing your diabetes is knowing your numbers. Fill in your numbers on this checklist.

A1C and daily blood sugar levels



Your A1C and daily blood sugar goals¹

Blood sugar before meals:

Blood sugar 2 hours after the start of a meal:

A1C:

Blood pressure

- Every time you visit the doctor, get your blood pressure checked¹
- The goal is a blood pressure of less than 130/80 mm Hg for many adults with diabetes¹



Your blood pressure goal:

Heart disease

- Your healthcare provider may recommend drugs to decrease heart disease risk including: blood pressure pills (ACE inhibitors or ARBs), cholesterol-lowering pills (statins), medications that lower blood sugar with proven heart benefit, or ASA (acetylsalicylic acid)³
- Make sure you discuss any drugs that you are taking with your diabetes care team

Cholesterol

- At least once a year, have your blood cholesterol checked¹
- Below are the goals for many adults with diabetes¹



Your cholesterol goal (LDL-C):

LDL-C <2.0 mmol/L or >50% reduction from baseline

For all who have diabetes, LDL-cholesterol (LDL-C) should be <2.0 mmol/L or a >50% reduction from their starting LDL-C.

Eye exam



- Make sure your exam results are sent to your diabetes care team. They should be part of your medical record
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision



Date of your next eye exam:

Feet

- Once a year, get a complete foot exam by your doctor¹
- Take your socks and shoes off during every office visit
- At home:
 - Check your feet every day for any sign of injury
 - Inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin
 - Tell your doctor about any injury that does not heal
- Wear shoes and socks that fit well.
 Do not go barefoot



Date of your next complete foot exam:

Kidneys

- Once a year, have your urine and blood tested¹
- Keep your blood sugar levels and blood pressure as close to your goal as possible



Date of your next kidney exam:

Dental exam

 Have a dental exam every 6 months¹





Date of your next dental exam:

Immunizations

- Get a flu shot once a year¹
- Ask your diabetes care team if you need shots for pneumonia or hepatitis B

Date of your next immunizations:

Quit smoking

- It is really important to stop smoking if you have diabetes¹
- Here are some steps to help:
 - Decide on a quit date (choose a time when you won't be too stressed)
 - Reward yourself for every successful non-smoking day
- For free help, call 1-866-366-3667 or visit https://www.canada.ca/en/health-canada/ services/smoking-tobacco/quit-smoking/tipshelp-someonequit-smoking/you-can-quitsmoking-we-can-help.html

Your quit date:

