

Patient Progress Tracker

Maintain a healthy heart: be smart — track your **A B C's** every 4-6 months.


A1c

The Hemoglobin A1c test tracks the “big picture” of your blood sugar control as it tells us how you have been doing for the last 3 months.

	GREAT 	ROOM FOR IMPROVEMENT 	NEED TO MAKE CHANGES 
Results for this test	<7% (0.07)	<8.4% (0.084)	>8.4 (0.084)

Blood Pressure




The heart is like a pump. It pushes blood from one part of the body to another through pipes called blood vessels. When you have high blood pressure, it's like your pipes are too small. The heart has to work very hard and the pressure in your vessels, (the pipes) gets very high. When your heart has to push so hard against this pressure it damages your vessels and your heart. This is why it's so important to get your blood pressure down! The target blood pressure for people with diabetes is lower than for the average person.

	GREAT 	ROOM FOR IMPROVEMENT 	NEED TO MAKE CHANGES 
Results for this test	<130/80	<140/90	>140/90

Cholesterol

Your Total Cholesterol (TC) is made up of one good and a few bad types of cholesterol:

- **High Density Lipoproteins** (HDL) is the good cholesterol (think “H” for Healthy).
- **TC/HDL:** is a ratio of your total cholesterol with your good cholesterol. This is important to know as a high cholesterol may be because you have a lots of good cholesterol (HDL). As this score takes good and bad cholesterol into account it is a good reflection of your overall cholesterol status.
- **Low Density Lipoproteins** (LDL) are a bad type of cholesterol (think “L” for Lousy).
- **Triglycerides** (Trig.) are another type of bad cholesterol.

	GREAT 	ROOM FOR IMPROVEMENT 	NEED TO MAKE CHANGES 
Results for TC/HDL ratio	<4	<5	>5
Results for LDL	<2.5	<3.5	>3.5
Results for Trig	<2	<2.5	>2.5

A “Healthy Life” To Do List

Done
















- Get informed. See Answers Available for a great list of self help resources.
- Track your risk indicators. See your caregiver for lab tests at least three times a year.
- Make 2 small changes. Look at your typical week and just make the changes. Focus on trying to make it long lasting.

Obese people with “pre-diabetes” who did 4 lifestyle adjustments over 3 years **reduced progression to diabetes by 58%** compared to those who kept their usual lifestyle. These 4 actions were:

- Eat more fibre
- Be active at least 25 minutes a day
- Lower fat intake
- Decrease weight by 5-7%

Tuomilehto J, et al., Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001;344:1343-50.

My Progress Tracker

	A1c	Blood Pressure	TC/HDL	LDL	Trig
	Target: <7%	130/80	<4	<2.5	<2
Date of visit:					
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
					
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
					
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Other Preventive Tests

- Take off your shoes and roll up your pants so the caregiver can inspect your feet and lower legs.
- Ask for regular kidney testing.
- Make a regular appointment for your eyes.

Other Test	Results
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Stress Management

People who manage stress well manage their diabetes well. They have 3 basic skills:

1. **They problem solve.** They identify what the problem is (the hardest part!), and what they can change (often their own behaviour). A simple "to do list" is often a good start.
2. **They understand how their emotions affect their interpretation of the stressor.** You are late for a meeting and suddenly you are thinking you're a bad person and will likely get fired. This is an example of negative thinking where you expect failure and take things personally. We manage stress by changing our interpretation of the situation and how we feel about it.
3. **They cope well.** Recognize what you cannot change and focus on surviving the stress. The Basics; sleeping, eating well, walking, being with friends are a great starting point.

"Activity makes me feel better and I might even lose some weight."

Lifestyle Strategy

What Works to Lose Weight:

When the >4000 people in the National Weight Control Registry (www.nwcr.ws), who lost 10% of their weight and have continued to keep it off, were asked how they did it, this is what they said:

- ✓ 1 hour/day of activity like brisk walking
- ✓ <3 meals/week out, <1 fast food meal/week
- ✓ 96% ate breakfast
- ✓ They measured how they were doing (44% weighed themselves daily, 31% weekly)
- ✓ They used a variety of strategies to limit calories (88% restricted certain foods, 44% limited quantities, 43% counted calories)
- ✓ People who did not change their approach too much on weekends and holidays did better
- ✓ They looked after any depression and consciously avoided smaller regains from becoming larger relapses

The major diets have similar effectiveness - what matters is whether a diet is easy for you to stick to in the long run.

Dansinger ML, et al. Comparison of the Atkins, Ornish, Weight Watchers and Zone diets for weight loss and heart disease risk reduction: a randomized trial. JAMA. 2005;293:43-53

If you smoke, are you contemplating quitting?

Yes No

If yes, Quit date:

Managing Medications:

Although lifestyle is most important, it is wise to understand that medications are a fact of life for most people with diabetes

✓ **Take them daily**

The Answer is Available:

General Health Questions

📄 www.HealthyOntario.com

Type 2 Diabetes

☎ Canadian Diabetes Association 1-800-226-8464

📄 Canadian Diabetes Association http://www.diabetes.ca/Section_About/type2.asp

📖 Understand your diabetes and live a healthy life, - Canadian Diabetes Association (CDA)

📄 National Institute of Health-Diabetes <http://www.niddk.nih.gov/health/diabetes/diabetes.htm>

📖 Diabetes for Dummies (the Canadian edition), (Ian Blumer)

📖 The Complete Canadian Diabetes Cookbook, (Katharine Younker)

Anxiety/depression

📄 Panic Center <http://www.paniccenter.net/>

📖 Mind Over Mood, (D. Greenberger and C. Padesky)

📖 The Anxiety and Phobia Workbook, 3rd. edition, (E. Bourne)

📖 The Relaxation and Stress Reduction Workbook, (M. Davis)

📖 The Little Book of Stress Relief, (David Posen)

📖 10 Simple Solutions to Panic, (M. Antony and R. McCabe)

Smoking

☎ Toll Free Telephone Quit Smoking line (Ontario)1-877-513-5333

📄 Health Canada Quit Tools http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/index_e.html

📄 Stop Smoking Center <http://www.stopsmokingcenter.net/>

Obesity & Heart Health

📄 Diabetes Nutrition at CDA http://www.diabetes.ca/Section_About/NutritionIndex.asp

☎ Weight Watchers 1-800-387-8227

📖 Fitness for Dummies book and video (also one for people over 45)

📖 Business Plan for the Body, (Jim Karas)

📖 Harvard Medical School Guide to Lowering Your Cholesterol

📖 Thin for Life: 10 keys to success from people who have lost weight and kept it off, (Anne M Fletcher)

📖 Anne Lindsay's Lighthearted Everyday Cooking

Legend:

- ☎ phone
- 📄 website
- 📖 book

"I made a small change and I maintained it."

"I can include more fibre in my meals."

"Finding out I have diabetes caused me to make changes - it was the catalyst for feeling better."