

Reminders

Treatment Goals

Risk Factor	Current	Goal for Next Visit	My Target Goal
A1C			
Blood pressure			
Cholesterol			
Weight			

- Work to achieve your treatment goals
 - Manage your weight and diet
 - Become more active
 - Stop smoking
 - Monitor your glucose levels
 - Keep regular appointments with your healthcare providers (HCPs)

Your Heart and Blood Vessels

Date of heart care discussion.....

- Heart and blood vessel problems may have no symptoms until they become life threatening. That's why you should work with your HCPs...
 - To know where you stand on the risk factors listed above
 - To get help reaching the goals listed above

Your Eyes

Date of eye discussion.....

- Schedule eye exam, including dilated-eye exam, by.....
- Bring eye exam report back to your HCP on.....
- Report any vision changes to your HCP

Your Nervous System

Date of nervous system discussion.....

- Report any of the following symptoms to your HCP:
 - Numbness or loss of feeling
 - Pain
 - Digestion problems
 - Impotence
 - Bladder problems
- Limit alcohol intake.
- Check feet regularly. Remember to keep feet clean, smooth, and dry. Keep toenails trimmed and wear comfortable socks and properly fitted shoes at all times. Report any of the following symptoms to your HCP promptly:
 - Cuts, bruises, sores, or bleeding
 - Dry cracks
 - Tenderness or loss of feeling
 - Signs of infection – redness, swelling, warmth, pain, or slow-healing wounds

Your Kidneys

Date of kidney discussion.....

- Report any of the following symptoms to your HCP immediately:
 - Tiredness or general weakness
 - Swelling of the hands and/or feet
 - Vomiting

For more information on diabetes, visit MerckSource™ at www.mercksource.com.

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