

# DIABETES COACH

## Blood sugar and medication log

My Bydureon® dosing day is:

My weekly dosing day reminder activity (such as collecting the Sunday paper) is:

By recording your blood sugar readings and sharing them with your healthcare provider, you can both get a better idea of how your treatment plan is working and whether it needs adjusting.

Week commencing:

Patient name:

### My blood sugar target ranges are:

Before meals (fasting plasma glucose):

2 hours after meals (postprandial glucose):

Current overall blood sugar (HbA<sub>1c</sub>) level:

Overall blood sugar (HbA<sub>1c</sub>) goal:

# Blood sugar and medication log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I took my Bydureon® on (tick day)							
Pre-breakfast blood sugar level							
Post-breakfast blood sugar level							
Pre-lunch blood sugar level							
Post-lunch blood sugar level							
Pre-dinner blood sugar level							
Post-dinner blood sugar level							
Bedtime blood sugar level							
Other medication I have taken							

The health information contained herein is provided for general education purposes only. Your healthcare provider is the single best source of information regarding your health. Please consult your healthcare provider if you have any questions about your health or treatment.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. By reporting side effects you can provide more information on the safety of this medicine.

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## WHAT ARE THE RECOMMENDATIONS?

The target measurements listed are intended as a guideline only – you should discuss your individual targets with your healthcare provider to make sure you come up with a goal that is right for you.

### Overall blood sugar (HbA<sub>1c</sub>)

Guidelines suggest a target HbA<sub>1c</sub> of 7.0%/53 mmol/mol.<sup>1,2</sup>

### Blood sugar – before meal and after meal

Guidelines suggest a target before-meal blood sugar (fasting plasma glucose) level of less than 7.2 mmol/L (130 mg/dL), and an after-meal blood sugar (postprandial glucose) level of less than 10 mmol/mol (180 mg/dL).<sup>1,2</sup>

### Weight

Your target weight will depend upon your height and current weight. The relationship between your height and weight is known as your body mass index (BMI). Please use the chart provided to calculate your BMI. Speak to your healthcare provider for guidance.

### Blood pressure

Guidelines suggest a target systolic blood pressure of less than 140 mmHg and a target diastolic blood pressure of about 80 mmHg.<sup>1</sup>

### Cholesterol

Your target cholesterol values will depend on your risk of cardiovascular disease and any medication you are already taking to control it, such as statins.<sup>1</sup> Please discuss your targets with your healthcare provider if you are unsure about your cholesterol levels.

### Triglycerides

Guidelines suggest a target triglyceride level of less than 1.7 mmol/L/150 mg/dL.<sup>1</sup>

#### References

1. Mancia G, et al. *J Hypertens* 2013;**31**:1281–357.
2. Inzucchi SE, et al. *Diabetes Care* 2012;**35**:1364–79.