

Take care of yourself. Follow these steps:

1. Get health checks as recommended by your physician
2. Keep yourself updated with diabetes care. Visit www.women2women.org
3. Eat a balanced, healthy meal as recommended by your diabetes care specialist and/or nutritionist
4. Stay active. Walking/Cycling/Swimming/Dancing/Gardening for minimum of 30 – 45 mins every day
5. Limit sedentary activities like TV watching to as little as possible
6. Do home glucose monitoring as often as you can and keep a record
7. Take your medications regularly and on time

Use this simple checklist

Every visit to doctor:

- FBS/ SMBG (fasting) & 2hr PPBS / SMBG (post meal) as suggested by physician
- Medication review
- BP
- Weight
- Foot exam

3-4 months

- Glycoslated Haemoglobin (HbA1c)

6-12 months

- Blood Urea Nitrogen/ Creatinine
- Dental exam: every 6 months

Yearly

- Urine Micro Albumin
- SGOT / SGPT (Liver Function Test)
- Thyroid Stimulating Hormone (TSH)
 - Type 1: yearly Type 2: as recommended by physician
- Lipid profile
- Eye exam
- Immunization
- Annual flu vaccine
- Pneumococcal vaccine one time for people 19-64 and revaccination after age 65

As recommended by physician

- Bone density (DEXA): ever 2-5 years after age 55 or as recommended
- Mammogram: every 1-3 years after age 40 or as recommended
- PAP smear: every 1-3 years or as recommended
- ECG/Echo as recommended

* SMBG: Self Monitoring Blood Glucose

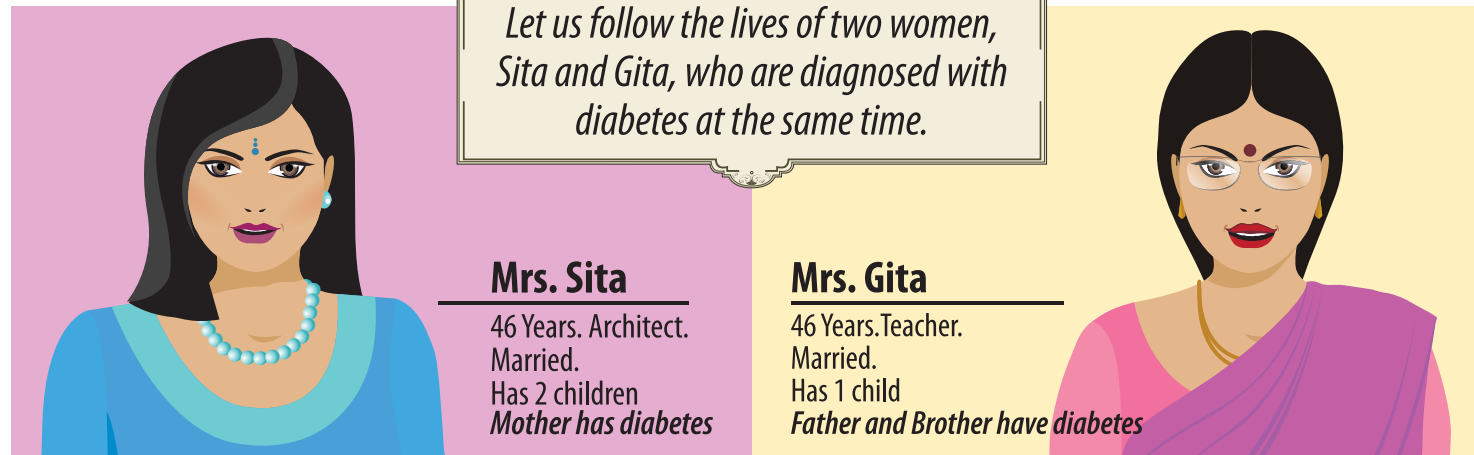
** FBS: Fasting Blood Sugar

*** PPBS: Post Prandial Blood Sugar

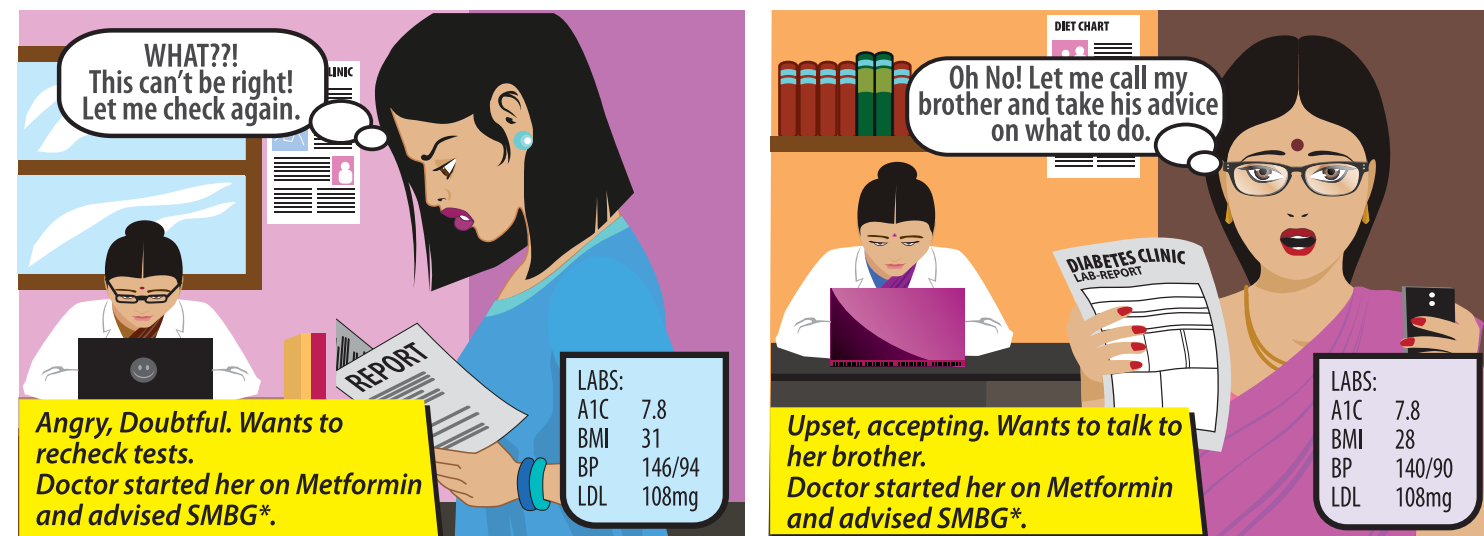


The Sita-Gita Story

Let us follow the lives of two women, Sita and Gita, who are diagnosed with diabetes at the same time.



AUGUST 1st: DIAGNOSIS OF DIABETES



AUGUST 30th: FOLLOW UP APPOINTMENT - 1



SEPTEMBER 30th : FOLLOW UP APPOINTMENT - 2

Meets doctor, No SMBG*.

Please come back with your home glucose monitoring records and lab reports.



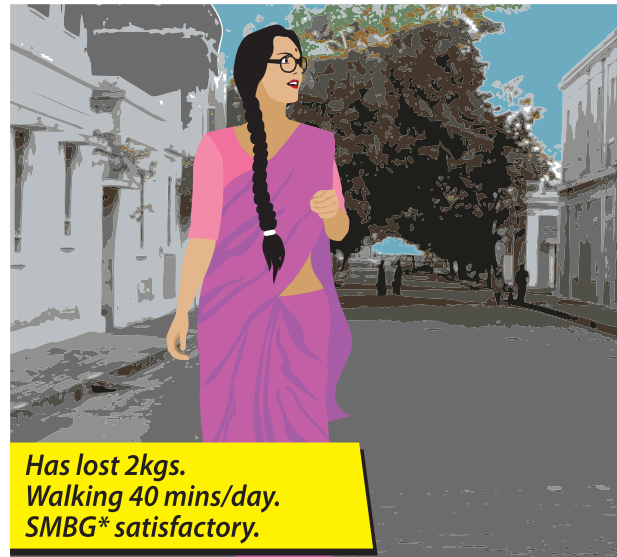
Diet and medication reinforced.

2 weeks later. Not regular with medications. Lifestyle and medications reinforced.

Please strictly follow the course of treatment and meet me again next month.



LABS:
FBS**/2hr PPBS***:145/190

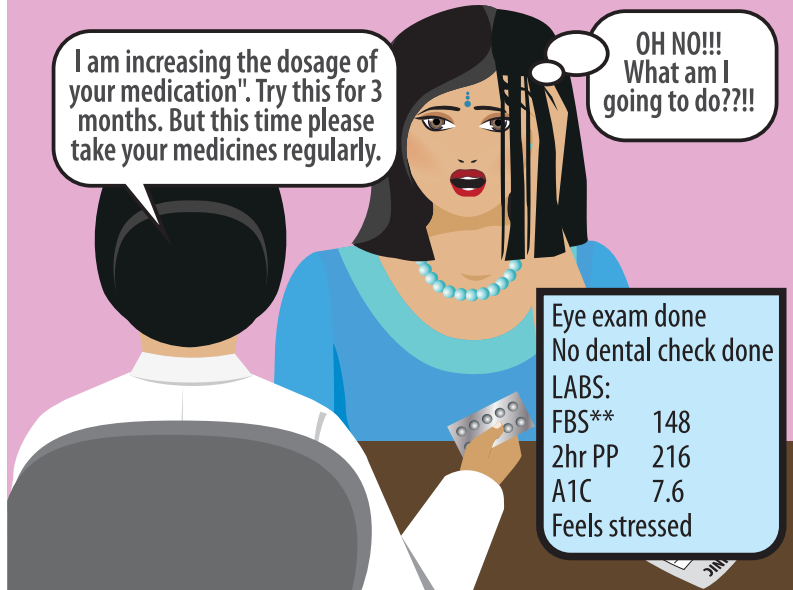


Has lost 2kgs.
Walking 40 mins/day.
SMBG* satisfactory.

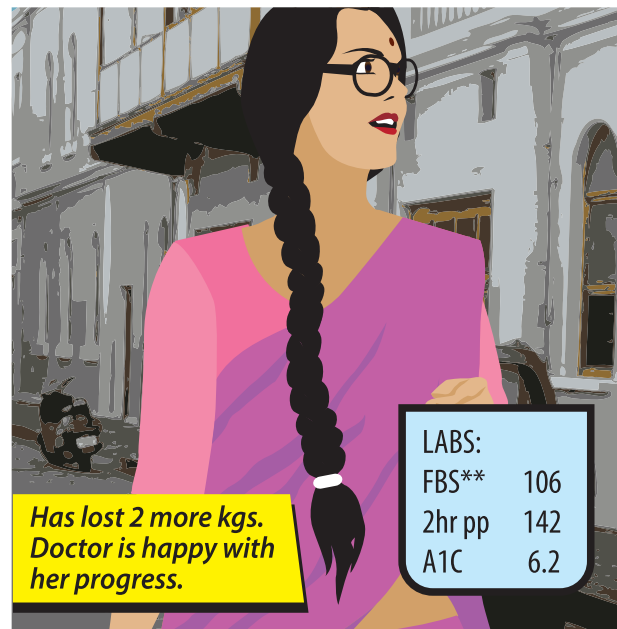
JANUARY 5th : FOLLOW UP APPOINTMENT - 3

I am increasing the dosage of your medication". Try this for 3 months. But this time please take your medicines regularly.

OH NO!!!
What am I going to do??!!



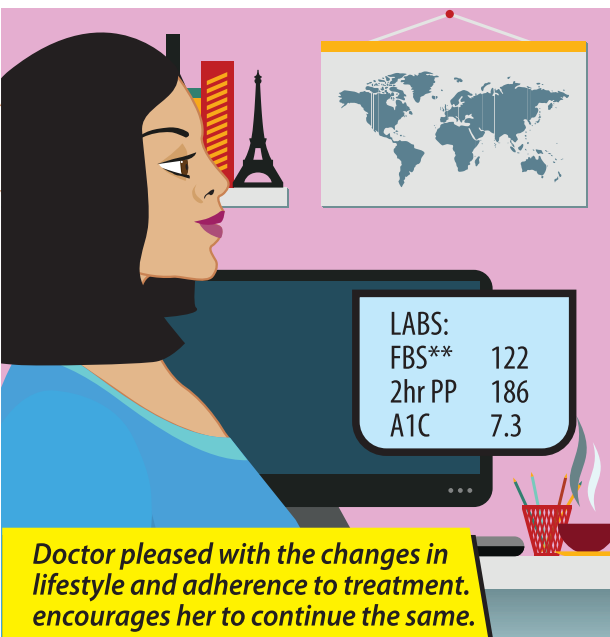
Eye exam done
No dental check done
LABS:
FBS** 148
2hr PP 216
A1C 7.6
Feels stressed



Has lost 2 more kgs.
Doctor is happy with her progress.

LABS:
FBS** 106
2hr pp 142
A1C 6.2

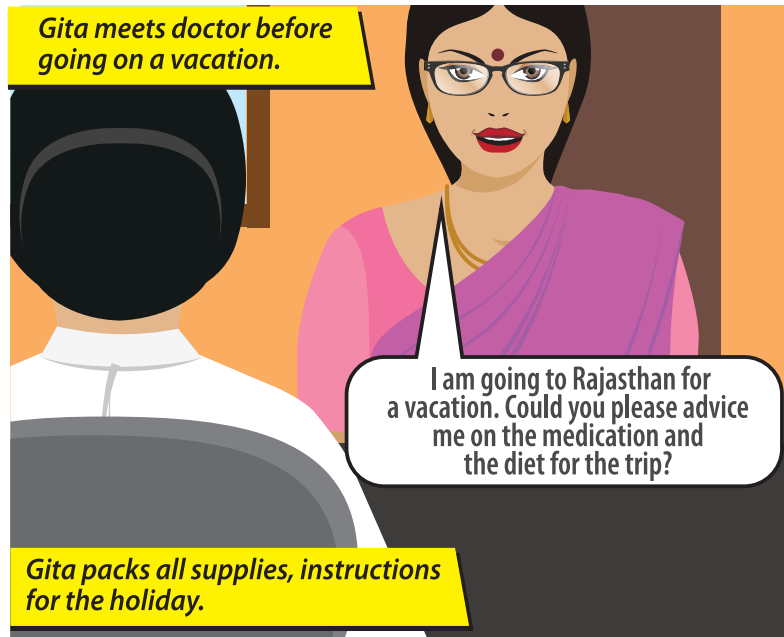
APRIL 10th : FOLLOW UP APPOINTMENT - 4



LABS:
FBS** 122
2hr PP 186
A1C 7.3

Doctor pleased with the changes in lifestyle and adherence to treatment. encourages her to continue the same.

Gita meets doctor before going on a vacation.

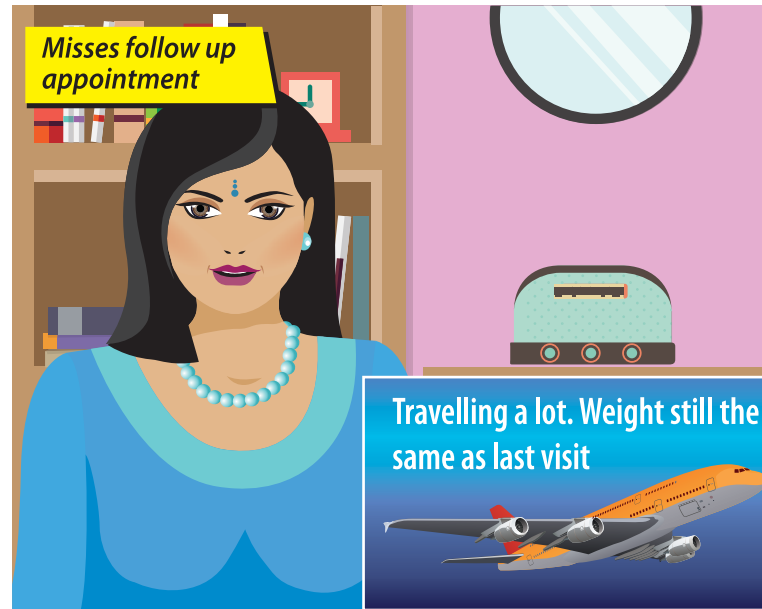


I am going to Rajasthan for a vacation. Could you please advice me on the medication and the diet for the trip?

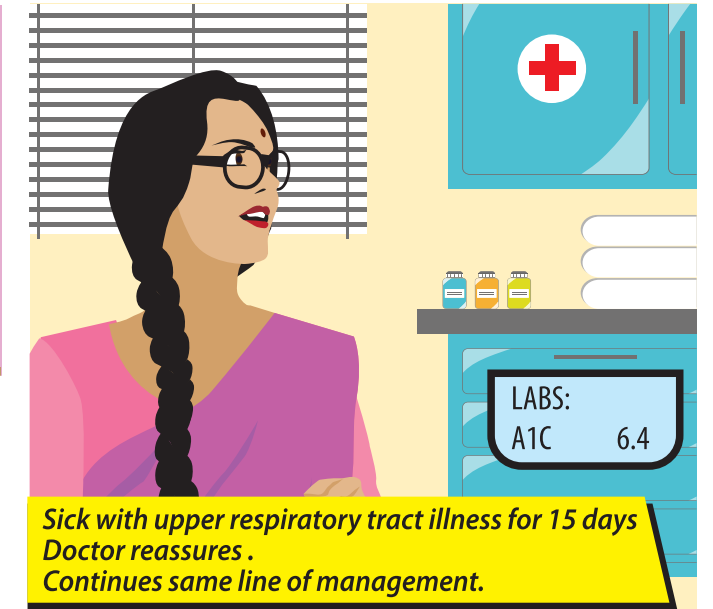
Gita packs all supplies, instructions for the holiday.

JULY 10th : FOLLOW UP APPOINTMENT - 5

Misses follow up appointment



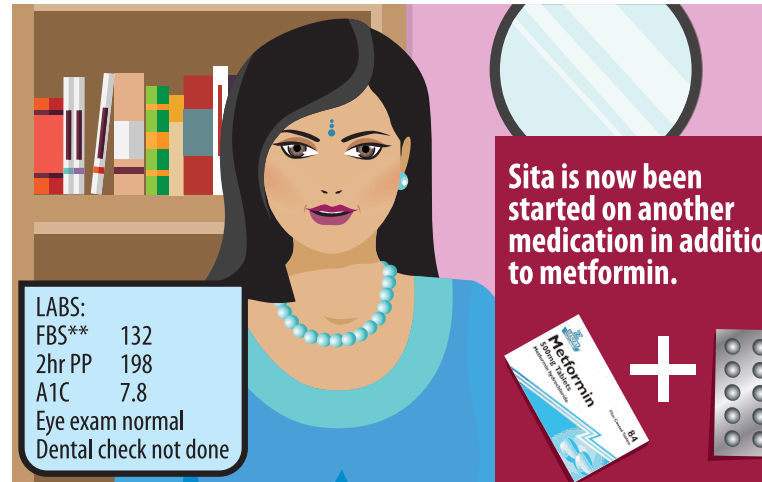
Travelling a lot. Weight still the same as last visit



LABS:
A1C 6.4

Sick with upper respiratory tract illness for 15 days
Doctor reassures.
Continues same line of management.

OCTOBER 8th : FOLLOW UP APPOINTMENT - 6



Sita is now been started on another medication in addition to metformin.

LABS:
FBS** 132
2hr PP 198
A1C 7.8
Eye exam normal
Dental check not done



Feels well. Has lost 2 kg since last visit. Joined yoga class she has been asked to continue home glucose monitoring and recheck A1c once in 6 months.

AT THE END OF 15 MONTHS...



Recently feeling fatigued
* Poor compliance
* Angry
* Stressed
* No progress in 15 months

Sita



Gita's diabetes is completely under control!!
* Motivated
* Compliant
* Positive
* Successful with Diabetes management

Gita

*Its your choice!
You can be a Sita or become a Gita.*