



Diabetes health checks: quick guide

What are diabetes health checks?

Diabetes can affect many parts of your body, such as your heart, kidneys, eyes and feet. Over time, this may lead to other health problems.

Diabetes health checks help you to:

- look after your diabetes and stay well
- find health problems early, when they are easier to manage
- lower your risk of serious diabetes-related health problems.

Diabetes health checks you will need



HbA1c

A blood test to check your average blood glucose levels.



Blood fats

A blood test to check levels of cholesterol and other blood fats.



Kidneys

Blood and urine tests to see how well your kidneys are working.



Blood pressure

A check to measure how hard your heart must work to pump blood.



Feet

A check of your feet for any diabetes-related foot problems.



Eyes

A check of your eyes for any diabetes-related eye problems.



Teeth and gums

A check to see if your teeth and gums are healthy.



Weight & waist

A check to see if your weight and waist are in the healthy range.



Other things your doctor will talk to you about



Medicines you are using



Healthy eating



Physical activity



Quitting smoking (if you smoke)



Emotional health

How to get diabetes health checks

- Ask your doctor to help you arrange your diabetes health checks.
- They can do some of the checks during your appointment.
- For other checks, they will refer you to a different health professional.
- Most health checks are done once a year, but you will need some checks more often. Ask your doctor how often you need them.

Getting your results

- After each diabetes health check, ask your doctor if your results are in the healthy range.
- Your doctor or diabetes health professional can help you make a plan to improve your results or treat any health problems if needed.



The NDSS and you

For access to more resources (including in your language), go to ndss.com.au or call the **NDSS Helpline 1800 637 700**.

Note: This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.