

Information Prescriptions

Record test results and help people with diabetes work towards their individual health goals.

ndss
National Diabetes Services Scheme
An Australian Government Initiative

Diabetes and Information Prescription

Your last blood pressure: /

People with diabetes and heart disease. By lowering your blood pressure, you can reduce your risk of heart disease and stroke.

Recommended target blood pressure is lower than 140/90 or

What does blood pressure do?
Blood pressure is the force of blood around your body. The bigger the force your heart uses, the more strain on your blood vessels.

When is high blood pressure a problem?
High blood pressure (some call it hypertension) is when the force used to push blood through your blood vessels is higher than recommended. It increases the risk of a heart attack or stroke.

How can I lower my blood pressure?
Lifestyle changes are the best way to lower your blood pressure. You may also need medication as well as lifestyle changes.

My next steps

1.
2.

Name:

Health professional:

Review date:

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NDSS Helpline 1800 637 700
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Diabetes and your HbA1c Information Prescription

Your last two HbA1c results are: /

Managing your day-to-day glucose levels and your longer-term average levels (Haemoglobin A1c or HbA1c) is important to help reduce your risk of serious complications.

Discuss a realistic personal target for your HbA1c with your diabetes health care team.

What is HbA1c?
HbA1c is a measure of how much glucose is stuck to your red blood cells. Although it is not a direct measure of blood glucose, it is closely related to your blood glucose levels over the last 10-12 weeks. A finger-prick check is a snapshot of your glucose at a moment in time and can help you understand if you are "high" or "low" and what happens if you change your diet, activity or are unwell.

When is high HbA1c a problem?
Over time, high glucose levels can damage the blood vessels. This puts you at a higher risk of developing diabetes-related complications such as going blind, losing a limb, or experiencing kidney failure. It also increases the risk of a heart attack or stroke.

How can I lower my HbA1c?
It is important to understand that your HbA1c will change for many reasons including: how long you have had diabetes, sickness, depression, change in lifestyle or because of other medicine such as steroids. The actions you take to lower your HbA1c will depend on whether you have type 1 diabetes and type 2 diabetes and your overall health. The next column has three main areas for you to consider.

My next steps Discuss with your diabetes health care team two actions you are going to focus on (think about what, where, when and how):

1.
2.

Name: Health professional: Review date:

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