



MINISTRY OF
**HEALTH &
WELLNESS**

Diabetes Control ✓ Checklist

ASK YOUR DOCTOR OR NURSE ABOUT:

- The medication you are taking
- Your blood pressure
- Your blood sugar record
- Checking your weight
- Checking your feet
- Healthy eating habits
- Your exercise prescription

ASK YOUR DOCTOR OR NURSE FOR AN
HbA1c TEST AT LEAST TWICE A YEAR.

ONCE A YEAR YOU SHOULD HAVE:



A COMPLETE FOOT EXAM

This will tell you if the nerves in your feet are working right.



LIPID PROFILE BLOOD TEST

This looks for fat in your blood, which can cause heart and circulation problems.



URINE TEST (microalbumin test)

This will help to detect early signs of kidney disease.




EYE EXAM


This will tell if there are any problems that need further treatment to prevent blindness.



Understand Diabetes & Take Control!



For further information:
Visit your doctor or nearest
Health Centre **OR**
Ministry of Health & Wellness
Website: www.moh.gov.jm


For additional support contact the
Diabetes Association of Jamaica:

 **876-927-6774**

 **876-862-3870 / 876-397-6021**

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