




**Summary of essential investigations & annual plan for diabetes patients**

YEAR: \_\_\_\_\_

This is to be filled by the patient or by a guardian with the help of a health professional. Keep it always with the patient. This is a self-health management tool & an important summary for your doctor to take decisions. Higher the red score in this form you are **UNHEALTHY** and higher the white score in this form you are **HEALTHY**. \* Patient's name- \_\_\_\_\_

Test (Investigation)	Recommended frequency (This can be slightly changed according to your health)	Done on		Test result value	Result		Advice of doctor, stamp, sign
		Date	Month / Semester		Normal	Abnormal	
<b>FBS</b> (10h fasting blood sugar) Healthy value 70-126 mg/dl	Monthly or more frequently <b>126</b>		1				
			2				
			3				
			4				
			5				
			6				
			7				
			8				
			9				
			10				
			11				
			12				
<b>PPBS</b> ( Blood sugar 2h after lunch ) Healthy value 80-140 mg/dl	Monthly or more frequently <b>140</b>		1				
			2				
			3				
			4				
			5				
			6				
			7				
			8				
			9				
			10				
			11				
			12				
<b>HbA<sub>1c</sub></b> Healthy value 4% - 6.5%	Once in 3 months <b>6.5</b>		1-3				
			3-6				
			6-9				
			9-12				

Test (Investigation)	Recommended frequency (This can be slightly changed according to your health)	Done on		Test result value	Result		Advice of doctor, stamp, sign
		Date	Month / Semester		Normal	Abnormal	
<b>Cholesterol</b> Healthy value 200 mg/dl Or Less	Once in 6 months <b>200</b>		1-6				
			6-12				
<b>Tri Glyceride</b> Healthy value 150 mg/dl Or Less	Once in 6 months		1-6				
			6-12				
<b>LDL</b> Healthy value 100 mg/dl Or Less	Once in 6 months		1-6				
			6-12				
<b>HDL</b> Healthy value 40 mg/dl Or more	Once in 6 months		1 - 6				
			6 - 12				
<b>Blood Pressure</b> Healthy value (80-120mmHg)	Once in 3 months (or more frequently)		1 - 3				
			3 - 6				
			6 - 9				
			9 - 12				
<b>Urine Micro Albumin</b> Kidney checkup Healthy value 30 mg/dl Or Less	Once in 6 months <b>30</b>		1 - 6				
			6 - 12				
<b>Creatinine</b> Kidney checkup Healthy value 1 mg/dl Or Less	Once in 4 months <b>1</b>		1 - 4				
			4 - 8				
			8 - 12				
<b>LFT</b> Liver checkup Healthy value GOT = 40 Or Less GPT = 35 Or Less	Once in 6 months		1 - 6 (iu/l)	GOT=			
				GPT=			
			6 - 12 (iu/l)	GOT=			
				GPT=			
<b>ECG</b> Heart checkup	Once in 6 months		1 - 6				
			6 - 12				

Test (Investigation)	Recommended frequency (This can be slightly changed according to your health)	Done on		Test result value	Result		Advice of doctor, stamp, sign		
		Date	Month / Semester		Normal	Abnormal			
<b>HB%</b> Hemoglobin <b>Healthy value</b> 11.5 To 18 g/dl	According to doctor's advice								
<b>2DE</b> Echocardiogram (Heart checkup)	Annually by a cardiologist			?	No	Yes			
				Hypertrophy					
				D. dysfunction					
				L.A.enlargement					
				S. dysfunction					
				Valvulopathy					
			Other						
<b>Retinal Examination</b> (Eye examination)	Annually by an eye specialist			?	No	Yes			
				<b>Retinopathy</b>					
				<b>DME</b>					
				<b>Cataract</b>					
				<b>Glaucoma</b>					
				<b>Visual Impairment</b>					
			Other						
<b>BMI</b> Body mass index = Weight ÷ height <sup>2</sup> =(kg) ÷ m <sup>2</sup> <b>Healthy value</b> = 22 (Between 18 - 25)	Once in 4 months		1 - 4				Daily aerobic exercises - minutes.  <b>30</b> 		
			<b>Ideal healthy body weight = [Height (m<sup>2</sup>) × 22].</b>						
			Height = .....cm = .....m						
			m <sup>2</sup> = ..... m <sup>2</sup> × 22 = .....Kg						
			4 - 8						
			8 - 12						
<b>Foot examination</b>	Daily by you & annually by your doctor			?	No	Yes			
				Numbness					
				Wounds					
				Pains					
				Skin Infections /abnormalities					
				Pulse abnormalities					
				Callosities					
Other									

Meting other specialist doctors	Meting other specialist doctors	Appointment date	Specialist advice in short	Good	Bad	Doctor's stamp & sign
1-						
2-						
3-						
4-						
<p><b>Chira-Jeewa 7 figures rule for diabetes control</b></p> <p>Keep above blue colored 7 figures in your mind thoroughly. i.e. <b>126, 140, 6.5, 200, 30, 1, 22</b>. Whole your future life will depend on above 7 figures. To keep you in good health, you must maintain above 7 figures daily &amp; throughout your life at the recommended healthy levels.....</p>		Meet your family doctor at least once a month	Doctor's advice in short			Doctor's stamp & sign
		1				
		2				
		3				
		4				
		5				
		6				
		7				
		8				
		9				
		10				
		11				
		12				
<p><b>30 % Rule of your DIET</b></p>						
<p>TOTAL OF (√) IN EACH COLUMN - <b>TOTAL HEALTH SCORE</b></p>						