

Mrs Minnie Mouse

Disney Castle

Disneyland

01/01/2022

Dear Mrs Mouse,

These are the results from your recent diabetes Test and Checks Appointment. Please take some time to review this ahead of your **Diabetes Review Appointment** so you can see how well your diabetes is being managed. You do not need to be concerned if your results are abnormal. All results have been reviewed by a GP before being shared with you and you would have been contacted directly if any require urgent action.

**Please have this document available during your review for reference.**

**HbA1c** (This blood test monitors how well your blood sugar level is being controlled on average over the previous 3 months. The higher the level the more at risk you are of diabetes complications such as eye or blood vessel damage)

| Previous | Latest | Good Control | Moderate Risk | High Risk |
|----------|--------|--------------|---------------|-----------|
|          |        | 48-55        | 56-69         | >70       |

**Blood Pressure** (Lowering this will reduce the risk of developing problems with the blood vessels in your eyes, kidneys, heart and brain)

| Previous | Latest | Good Control                           | Moderate Risk   | High Risk |
|----------|--------|--|-----------------|-----------|
|          |        | <140/90 or 130/80<br>in kidney disease | 140/80 - 160/90 | >160/90   |

**Cholesterol** (Lowering cholesterol reduces your risk for heart attacks and strokes. Most patients with diabetes and kidney disease are recommended to be on medication to lower their cholesterol)

| Previous | Latest | Good Control | Moderate | High |
|----------|--------|--------------|----------|------|
|          |        | <4           | 4-5      | >5   |

**eGFR** (This blood test monitors how well your kidneys filter your blood. Patients with low filtering levels may need to have their medications changed/stopped and need more frequent monitoring of their kidneys)

| Previous | Latest | Low Risk | Moderate Risk | High Risk |
|----------|--------|----------|---------------|-----------|
|          |        | >60      | 45-60         | <45       |

**Urine ACR** (This urine test checks to see if your kidneys are leaking protein, which is an early indicator of kidney disease developing. This result can be improved by having well controlled diabetes and blood pressure).

| Previous | Latest | Low Risk | Moderate Risk | High Risk |
|----------|--------|----------|---------------|-----------|
|          |        | <3       | 3-30          | >30       |

**Weight and BMI** (Being overweight increases your risks of many health problems. Losing weight is the best way to improve diabetes and high blood pressure, and is more effective than medication)

|                        |                      |                   |                   |              |
|------------------------|----------------------|-------------------|-------------------|--------------|
| <b>Previous weight</b> | <b>Latest weight</b> |                   |                   |              |
|                        |                      |                   |                   |              |
| <b>Previous BMI</b>    | <b>Latest BMI</b>    | <b>Normal BMI</b> | <b>Overweight</b> | <b>Obese</b> |
|                        |                      | 19-24.9           | 25-29.9           | >30          |

**Eye Check** (You need to have your eyes checked yearly for subtle changes to the blood vessels in the back of your eye)

|                                 |  |
|---------------------------------|--|
| <b>Last eye screening date:</b> |  |
|---------------------------------|--|

These are some areas that people sometimes want to talk about at their Diabetes Annual Review. Make note of any that are important to you or add any additional points you want to bring up.

- |                         |                    |                       |                     |
|-------------------------|--------------------|-----------------------|---------------------|
| Medication              | Feeling low/lonely | Food choices          | Staying active      |
| Pregnancy/contraception | Driving            | Pain/discomfort       | Work/benefits/money |
| Smoking                 | Alcohol            | Relationship/sex life | My future health    |