












DIABETES SELF MANAGEMENT GOALS

糖尿病自我控制目標

CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Diabetes can lead to many serious complications, from gum disease to retinal damage. It can also increase your risk of heart disease. With the help of your providers at NEMS, you will be able to manage your own diabetes. The followings are a few important goals. Please choose 3 or more goals to follow. Accomplish them by the goal date YOU feel most confident and comfortable setting.

#	Goals
1 	I will exercise to increase my heart rate for at least 30 minutes a day, 5 days a week.
2 	I will follow my low fat, low salt and low sugar diabetic diet. I will control my portion size.
3 	I will check my blood sugar as directed by my doctors.
4 	I will complete a lab test to check for my Hemoglobin A1C (HbA1c) levels at least once a year or twice a year and 3 months apart.
5 	I will complete a lab test to check for my LDL levels at least once a year.
6 	I will check my feet daily. If I find sores or an irritation, I will go see my doctor.
7 	I will visit the eye specialist once a year or as suggested by my doctor.
8 	I will see my dentist once a year for a comprehensive exam or as suggested by my doctor.
9 	I will follow my doctors' instructions and take the medications my doctors prescribe.
10 	I will keep my appointments and regularly see my doctor for diabetic management.
11 	I will quit smoking.







請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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糖尿病可導致多種嚴重的併發症，如牙周病、視網膜損傷，並會增加您患心臟病的危險。東北醫療中心的醫生可以幫助您自我控制糖尿病。請在下面多個重要目標中選擇三個〔或更多〕您想達成的目標，並在您覺得最有信心的期限內完成。

#	目標
1	 我會每星期運動五天，每天至少 30 分鐘，以增強心跳率。
2	 我會堅持低脂、低鹽、低糖的飲食，及控制飲食份量。
3	 我會依照醫生的指示測試血糖。
4	 我會依照醫生的指示每年測試一次或兩次（至少相隔三個月）醣化血紅蛋白 (HbA1c) 水平。
5	 我會依照醫生的指示每年測試一次低密度脂蛋白膽固醇 (LDL) 水平。
6	 我會每天檢查雙腳，如發現有損傷或皮膚感覺不適，會去看醫生。
7	 我會每年看一次（或依照醫生建議）眼科醫生。
8	 我會每年看一次（或依照醫生建議）牙科醫生，作全面的口腔檢查。
9	 我會依照指示服用醫生開的藥物。
10	 我會按時應診及定期看醫生以控制血糖。
11	 我會戒煙。

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