

Blockhouse Bay - Lynfield Lions Club



DIABETES Check list

Risk Factors, Are you:

- Over 40 years old European
- Over 30 years old Asian/Polynesian
- overweight
- Family with a history of diabetes;
- (Women) Have you given birth to a baby over 4 kilo (10lb)
- Diabetes during pregnancy
- lacking in regular exercise?

OTHER RISK FACTORS

- a person with high blood pressure (at or above 140/90)
- Todays Check? See below
- Smoker?
- Circulation/heart problems(angina,heart or leg pain)
- Eat lot of food high in saturated fat

If you answered "yes" to one or more of these questions, you may be at risk for diabetes.

Millions of people are Unaware that they have diabetes.

Symptoms of diabetes include:

- Tiredness
- unusual thirst;
- frequent urination;
- Infections/boils/rashes/slow healing
- unexplained weight loss.
- * sensation change (pins & needles)
- * Blurred vision

This random screening session results

Date.....Time.....

No of Risk Factors present _____

No of Symptoms present : _____

Blood Pressure/.....

(at or above 140/90 advise see your doctor)

Random Capillary Blood Glucose

* mmol/
See recommendations



The following guide has been put together using current recommendations

If the test is a random glucose > 2hours after meal (community meter screening – NOT diagnosis)
A value of Indicates Action required

5.5mmol/l or less Probably normal glycaemia
Retest in 3 years, 1 year if previous IGT, IGF or Gestational Diabetes. **Take risk reduction education.**

Between 5.6mmol/l & 10.9mmol/l
Increased risk of IGT or diabetes
Further investigation required. Refer to primary carer.
Recommend OGTT. Take risk reduction education.

11mmol or greater Possible evidence of diabetes
Refer to primary carer for follow up / ongoing care

NOTE: All results MUST be considered in conjunction with risk factors, possible margin of error in community screening technique, and consideration of presence of medical conditions / medications. A person with blood glucose of <5.5mmol/l may be referred to GP for risk reduction input should this be needed.

The complications of diabetes include:

- blindness;
- kidney disease;
- heart disease.
- nerve disease (which can result in lower limb amputations);

Good news!

Proper diet and regular exercise can help prevent or control diabetes.

If you have symptoms of diabetes, contact your health care professional.

This information provided by
Blockhouse Bay -Lynfield Lions Club

www.bhbl-lions.org/diabetesaware

<https://lionsclubs.org/en/start-our-global-causes/diabetes>



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