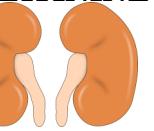


TEST	VALUES	COMMENTS		
GLUCOSE 	FBG Goal 80-130 mg/dL PPG Goal below 180mg/dL 30 Day Average 90 Day Average	SOURCES SUGARS-High Fructose Corn Syrup, Dextrose , Dextrin, Turbinado, Maltose, Sucrose, Honey, Molasses Page 1 . Page Title CHO: Breads, Pasta, Rice's, Corn, Potatoes,	Causes of Hypoglycemia: Too much food, too little insulin or diabetes medications, illness or stress Causes of Hyperglycemia: Too little food, too much insulin or diabetes medicine, or extra exercise	COMPLICATIONS Hyperglycemia = BG>180mg/dL Extreme Thirst, Dry Skin, Hunger, Blurred Vision, Drowsiness, Nausea, Frequent Urination Hypoglycemia = BG<70mg/dL Shaking, Fast Heartbeat, Sweating, Anxious, Dizziness, Hunger, Impaired Vision, Weakness, Headache, Irritable
Hemoglobin A1C 	GOAL <Less than 7% Last A1c	The A1c test is used primarily to monitor the glucose control of diabetics over time. This test gives an idea of how your blood sugar control has been during the last three months. The A1c value does not bounce as much as finger stick blood sugar measurements.		
ALBUMIN/CREATININE RATIO 	GOAL <30 mg/gm Last Ratio	Albumin/Creatinine Ratio ...provide description and frequency of testing required		
BLOOD PRESSURE 	GOAL <130/80 mm Hg Recent BP Reading	<u>Sources</u> <u>Processed foods, packaged, frozen anything in cooler bends</u>	Lifestyle modifications is the standard for treatment of HYPERTENSION . MNT, PA, Moderation of Alcohol Consumption and Modest Weight Reduction ALL have beneficial effects on blood pressure.	COMPLICATIONS HIGH: HYPERTENSION – May cause complications over time; heart attack, heart disease, Congestive Hear Failure and atherosclerosis, kidney disease. LOW:HYPOTENSION -Can lead to complications such as shock, organ damage, high risk for falls, dizziness, weakness and faint.
PHYSICAL ACTIVITY 	GOAL 150 minutes/ week	Types of Exercise Aerobic Strength Flexibility	Physical activity improves insulin sensitivity and decrease risk for CVD and all cause mortality.	Benefits: Physical Activity (PA)/Exercise-lowers BP, weight loss reduces systolic blood pressure. reduces insulin resistance and insulin levels in individuals with Hypertension.
CHOLESTEROL 	Goal > 200 mg/dL Last Cholesterol	HDL >40 Women . 50 Men LDL < 100 mg/dL Trigs <150 mg/dL	Causes: Intake of trans fats, saturated fats ; poor dietary choices, obesity (BMI > 30); lack of exercise, smoking, alcohol consumption and age	HIGH: Excess cholesterol present in the blood forms fatty deposits in the walls of major blood vessels increasing risk of heart attack, stroke, and atherosclerosis. LOW: May increase risk of heart disease.