<table>
<thead>
<tr>
<th>MY RECORD</th>
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</thead>
<tbody>
<tr>
<td><strong>Office visit date</strong></td>
</tr>
<tr>
<td><strong>Weight</strong></td>
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<tr>
<td><strong>Blood pressure</strong></td>
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<tr>
<td><strong>Blood glucose</strong></td>
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<tr>
<td><strong>A1c</strong></td>
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<tr>
<td><strong>HDL (good)</strong></td>
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<tr>
<td><strong>LDL (bad)</strong></td>
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<tr>
<td><strong>Triglyceride</strong></td>
</tr>
<tr>
<td><strong>Foot exam</strong></td>
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<tr>
<td><strong>Eye exam</strong></td>
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</tbody>
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**NOTES:**

*A is for A1C*
The ADA recommends A1C levels of less than 7%. A1C is the test that measures blood sugar control over time.

*B is for blood pressure*
The ADA recommends that blood pressure be maintained at levels below 130/80.

*C is for cholesterol*
The ADA recommends that low-density lipid (LDL) cholesterol levels be less than 100 mg/dL.
MY RECORD

Questions to ask my doctor

Question #1:

Answer #1:

Question #2:

Answer #2:

Question #3:

Answer #3:

MY NEXT VISIT IS SCHEDULED FOR: ________________
MY RECORD

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