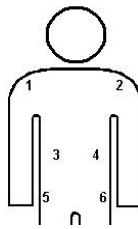


DIABETES RECORD

Ideal targets for glycemc control*†
 (as recommended by Diabetes Canada – 2018 Clinical Practice Guidelines)
 Used with permission from Can J Diabetes. 2018;42(Suppl 1):S1-S325
 A1C – glycosylated hemoglobin
 FPG – fasting plasma glucose
 PG – plasma glucose



	A1C (%)	FPG/preprandial PG (mmol/L)	2 hr postprandial PG (mmol/L)
Target for most patients	≤ 7.0	4.0 – 7.0	5.0 – 10.0
Target for frail elderly	7.0 – 8.5%	5.0 – 8.0	5.0 – 12.0

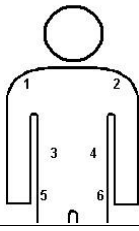
*Treatment targets must be tailored to the patient with consideration given to individual risk factors.
 †Glycemc targets differ for pregnant women and children ≤ 12 years of age.

DATE	TIME	BLOOD GLUCOSE			INSULIN					COMMENTS AND ID
		Meter Results (mmol/L)	ID	Lab Results (specify) (mmol/L)	Time	Type	Units	Site	ID	

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