

YOUR HEALTH SUMMARY

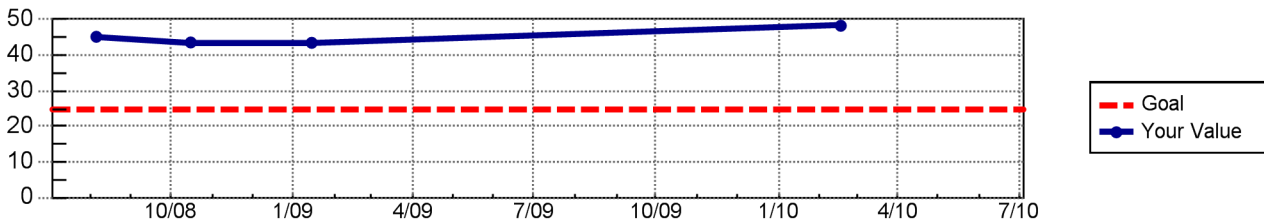


| PATIENT | 000000 | APPOINTMENT |
|--------------------------|--------|-------------------|
| Name: PATIENT, DIABETIC | | Provider: Dr Test |
| DOB: 00/00/1942 (67 yrs) | | Date: 06/13/2010 |
| | | Time: 12:15 PM |

Below is a list of suggestions for your health. They are based on general guidelines for overall good health as well as certain conditions. Please understand that they may not apply perfectly to you. Talk to your healthcare team to find out how we can work together to improve your health.

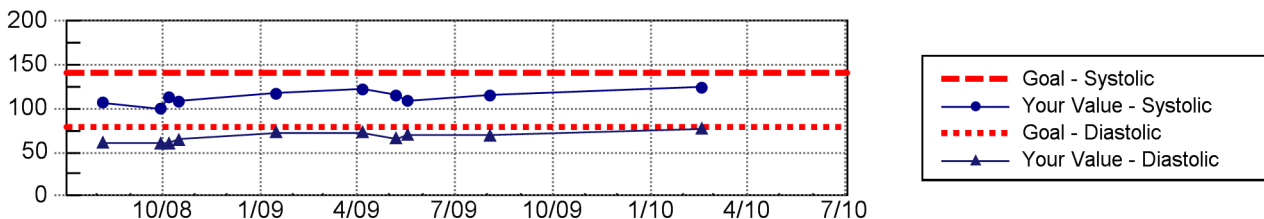
- > Smoking raises the chance of heart attacks, strokes, and cancer. We should ask about tobacco use every time we see you.
Do you smoke? No / Yes Do you use other types of tobacco? No / Yes.
- > An eye doctor should do a good eye exam once a year. This exam looks for diabetic eye problems. You had an eye exam on 04/11/2008. Have you seen an eye doctor since this date? If not, remind us to schedule an eye doctor visit for you. If you have seen an eye doctor, when was the visit, and whom did you see?
- > Taking a blood thinner like aspirin each day can help some people lower the chance of having a heart attack.
Is there any reason that you are not taking blood thinner like aspirin? No / Yes.
- > Your body mass index (BMI) is a way of checking if your weight is well matched for your height. A high BMI raises your chance for diabetes problems and heart problems. We should check this once a year. We want your BMI to be between 19 and 25.
On 02/17/2010 your BMI was 48.3. **WE NEED TO WORK ON WEIGHT LOSS.** Eating less and exercising more can help lose weight.

2-year BMI History



- > Good blood pressure lowers the chance of heart attack, stroke, kidney damage, and dialysis. We should check your blood pressure at every visit. We want your blood pressure to be under 130/80 mmHg.
On 02/17/2010 your blood pressure was 124/77 mmHg. **WE WILL CHECK YOUR BLOOD PRESSURE TODAY. YOUR BLOOD PRESSURE IS GOOD.**

2-year Blood Pressure History



- > Mammograms help look for breast cancer. Many women should get a mammogram once a year.
Do you know when your last mammogram was?

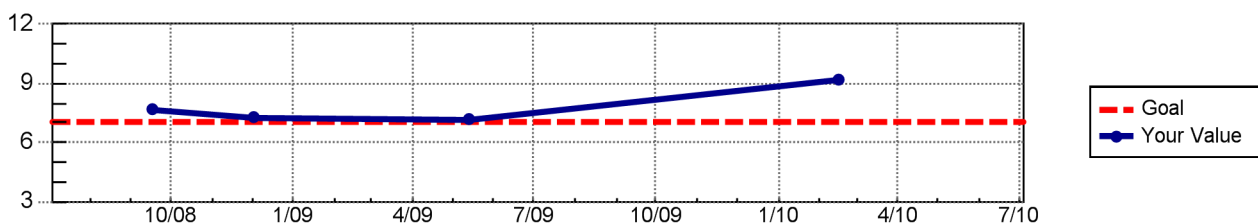
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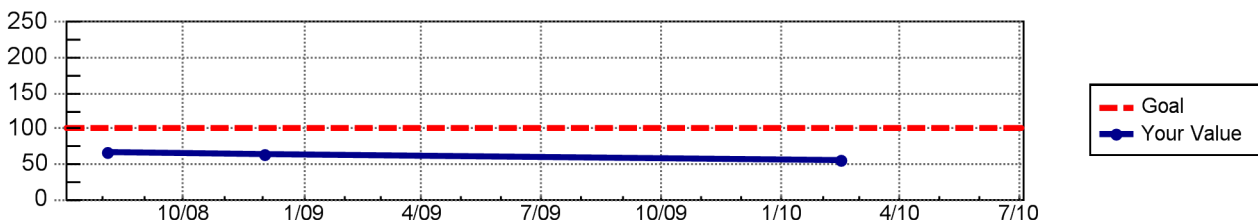
- > A colonoscopy is one way to look for colon cancer. This test should be done every 10 years. Have you had any colon cancer screening?
- > The A1c shows how well your sugar has been controlled over the last 3 months. Good sugar control helps avoid all diabetic problems like heart attack, stroke, eye damage, nerve damage, kidney damage, and infections. We should check it at least every 6 months and want it to be under 7.0%. On 02/15/2010 your A1c was 9.2 percent. **THIS WILL BE DUE SOON. WE NEED TO LOWER YOUR SUGAR LEVELS.** A diet low in sugar and saturated fat can help. Exercise and watch your weight. We may want to change or add medicines to help.

2-year A1c History



- > The LDL-cholesterol is the "bad cholesterol." Cholesterol control helps avoid heart attacks and strokes. We should check it at least once a year and want it to be under 100 mg/dL. On 02/15/2010 your LDL-cholesterol was 55 milligrams per deciliter. **YOUR CHOLESTEROL IS GOOD.**

2-year LDL History



- > The microalbumin/creatinine ratio is a urine test that looks for early kidney damage caused by diabetes and blood pressure. If this is high it could mean early kidney damage and possible need for dialysis in the future. We should check this once a year. Your urine test was checked on 02/15/2010. **THE URINE TEST IS UP-TO-DATE.**
- > Some people should get the pneumonia shot to lower the chance of having serious problems from pneumonia. You had a pneumonia shot on 09/28/2007 at age 65. **YOUR PNEUMONIA SHOT IS UP-TO-DATE.** You will not need a booster in the future.
- > The tetanus shot lowers the chance of getting tetanus. Adults should get this shot every 10 years. Do you know when your last tetanus shot was? **PLEASE ASK US ABOUT A TETANUS SHOT TODAY.**
- > The shingles shot can lower the chance of getting shingles or make the disease milder if you do get it. This shot is only given once. Have you had a shingles shot? **PLEASE ASK US ABOUT A SHINGLES SHOT TODAY.**

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NEED TO WORK ON:

1. Make an eye doctor appointment.
2. Change diet and exercise to lose weight.
3. Schedule mammogram.
4. Discuss colon cancer screening.
5. Change diet and exercise to lower sugar levels.
6. Get the tetanus shot.
7. Get the shingles shot.