

Do you have a Personal Diabetes Passport?

Take control of your diabetes. As a partner in your care keep a record of your information.

Personal Diabetes Passport

Contact information:	
Name:	Number:
Physician:	Number:
Diabetes Education Centre:	Number:
Dietitian:	Number:
Ophthalmologist:	Number:
Chiroprapist:	Number:

Type of Diabetes:

Type 1 (T1DM)
 Type 2(T2DM)
 Increased risk for diabetes
 Gestational

Date diagnosed: _____

This Diabetes Passport contains important information about your diabetes care and up-to-date information about your diabetes. Take it to each appointment with your healthcare professional and work with them to ensure your information is recorded. Your Dr will complete different exams/tests at different times as outlined in your diabetes passport.

Diabetes Related Health Issues	Related medical issues:
<input type="checkbox"/> I have neuropathy (nerve damage)	<input type="checkbox"/> High cholesterol
<input type="checkbox"/> I have nephropathy (kidney damage)	<input type="checkbox"/> High blood pressure
<input type="checkbox"/> I have retinopathy (eye damage)	<input type="checkbox"/> Heart disease
<input type="checkbox"/> I have foot ulcers or sores	<input type="checkbox"/> Stroke
<input type="checkbox"/> I have an amputation	<input type="checkbox"/> Depression
<input type="checkbox"/> I am overweight	
<input type="checkbox"/> I smoke	

Medications:			
Date:	Medication:	Dose:	Frequency:

Continue medication list on page 7

- Ask your doctor, the Diabetes Education Centre (at KEMH) or Bermuda Diabetes Association Resource Centre for a “Personal Diabetes Passport”
- Take your passport to all doctor and other health care appointments
- Make sure your information is recorded in the passport