



DIABETES SCORECARD

FIVE GOALS FOR LIVING WELL WITH DIABETES

Do you know all your D5 scores?

Fill out this card with your doctor and work together to achieve D5 success!

The D5 are recommended goals for patients with diabetes. Your goals may be different based on your individual needs. Talk to your doctor about the D5 goals that are right for you.

For more information about the D5, visit www.theD5.org

- 1 CONTROL BLOOD PRESSURE**
High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.
- 2 LOWER BAD CHOLESTEROL**
LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause heart attack or stroke. HDL or "good" cholesterol helps remove cholesterol from your blood vessels.
- 3 MAINTAIN BLOOD SUGAR**
High blood glucose levels (too much sugar in your blood) can harm your heart, blood vessels, kidneys, feet, and eyes.
- 4 BE TOBACCO-FREE**
Smoking doubles your risk of heart disease. Both smoking and diabetes narrow blood vessels. Smoking can damage the blood vessels in your legs, increasing the risk of amputation.
- 5 TAKE ASPIRIN DAILY** (ages 40 and older)
Taking aspirin every day can help reduce the risk of heart disease and stroke. **Ask your doctor** whether taking aspirin is right for you.

GOALS	MY D5 SCORES
BP less than 130/80 mmHg	<input type="text"/>
LDL less than 100 mg/dl	<input type="text"/>
A1c less than 7%	<input type="text"/>
✓ YES	<input type="text"/>
✓ YES	<input type="text"/>