

# Goals for optimum diabetes management

The chart on the flip side lists goals for optimum diabetes management that all people with diabetes should be encouraged to reach.

This chart has been specifically designed as a card for you to pull out and place on your desk or nearby for easy reference.



# Goals for optimum diabetes management

Encourage all people with diabetes to reach these goals

■ BGL	Ideal 4.0–6.0 mmol/L (fasting) NHMRC 6.1–8.0 mmol/L (fasting)
■ HbA1c	≤7%
■ LDL-C	<2.5 mmol/L*
■ Total cholesterol	<4.0 mmol/L*
■ HDL-C	>1.0 mmol/L*
■ Triglycerides	<1.5 mmol/L*
■ Blood pressure	≤130/80 mm Hg <sup>^</sup>
■ BMI	<25 kg/m <sup>2</sup> where appropriate
■ Urinary albumin excretion	<20 µg/min (timed overnight collection) <20 mg/L (spot collection) <3.5 mg/mmol: women <2.5 mg/mmol: men (albumin creatinine ratio)
■ Cigarette consumption	Zero
■ Alcohol intake	≤2 standard drinks (20 g) per day for men and women <sup>o</sup>
■ Physical activity	At least 30 minutes walking (or equivalent) 5 or more days/week (Total ≥150 minutes/week)

## Doctors should consider:

- Prophylactic aspirin (75-325mg) daily unless contraindications
- Immunisation against influenza and pneumococcal disease

\* *National Heart Foundation Guidelines*

<sup>^</sup> *NHMRC Evidence Based Guidelines for the Management of Type 2 Diabetes, 2005*

<sup>o</sup> *NHMRC Australian Guidelines to Reduce Health Risks from Drinking Alcohol, 2009*



# National Diabetes Services Scheme

## **The NDSS makes life with diabetes easier to manage**

If you have a patient with diabetes, register them with the NDSS and assist them to manage their diabetes.

Registration is free and done only once.

The flip side of this page gives information on the NDSS and how to register. It has been specifically designed as a card for you to pull out and place on your desk or nearby for easy reference.

# National Diabetes Services Scheme

## Why register?

The National Diabetes Services Scheme (NDSS) offers people with diabetes access to diabetes-related products such as blood glucose testing strips, urine testing strips and free insulin needles and syringes. Insulin pump consumables are available on the NDSS to Registrants who meet additional criteria. For a full list of products and prices, download the order form from [www.ndss.com.au](http://www.ndss.com.au).

NDSS Registrants can also access a range of free information and support services. Encourage your patients to contact their State or Territory NDSS Agent on 1300 136 588 to find out what services they can take advantage of to improve their knowledge and management of diabetes.

## Who is eligible?

All Australians who hold a Medicare card and have been diagnosed with diabetes are eligible to receive the benefits offered under the NDSS.

## How to register

- Fill in the NDSS Registration Form (available from [www.ndss.com.au](http://www.ndss.com.au)).
- Registration has to be certified by a GP or credentialed diabetes educator.
- Registration is free and done only once.

## National Gestational Diabetes Register

All women diagnosed with gestational diabetes now go onto the National Gestational Diabetes Register, a new component of the NDSS database introduced 1 July 2011.

## How registration will help your patients

Your patients who are registered will receive:

- regular reminders for follow up diabetes screening
- valuable information on how to maintain a healthy lifestyle and minimise the risk of type 2 diabetes.

Please use the new Registration form on the NDSS website for registering women on the National Gestational Diabetes Register.

For more information, refer your patients to their State or Territory NDSS Agent

Phone: 1300 136 588

Website: [www.ndss.com.au](http://www.ndss.com.au)