



STANFORD HOSPITAL AND CLINICS

Stanford Family Medicine
Stanford Medical Group

Diabetes Self-Care Tracking Tool

Measure	Frequency	Fill in Date/Value			
Blood Pressure	Every 4 mos				
Foot Exam	Every 4 mos				
Glycosylated Hemoglobin	Every 4 mos				
Fasting Glucose	Every 4 mos				
Eye Exam	Yearly				
Urine Microalbumin :Creatinine Ratio	Yearly				
Cholesterol	Yearly	TOTAL	HDL	LDL	TRIG

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