

MyCARE

With me, every step of the way



“ **REGULAR CHECK-UPS**
can help in the early
detection and prevention
of **TYPE 2**
DIABETES-RELATED
COMPLICATIONS. ”



UNCONTROLLED DIABETES INCREASES YOUR RISK TO DEVELOP A RANGE OF

MICROVASCULAR COMPLICATIONS

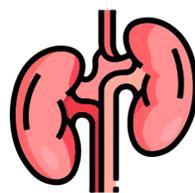
Retinopathy



Neuropathy

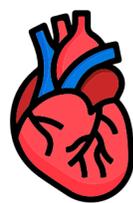


Nephropathy



MACROVASCULAR COMPLICATIONS

Cardiovascular



Cerebrovascular



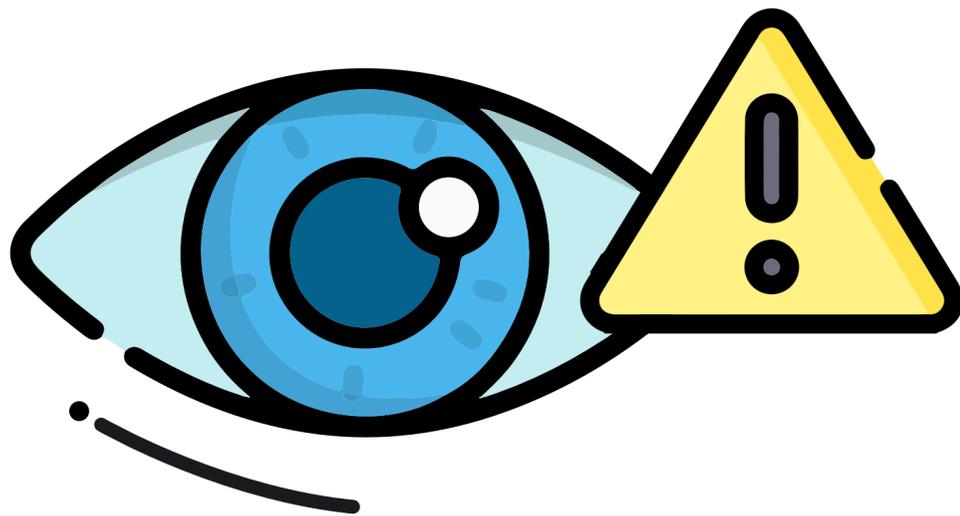


**HERE ARE A
FEW TESTS
THAT NEED TO
BE DONE
REGULARLY**

COMPLICATION: Retinopathy
(Eye Damage)

TEST: Dilated Eye Exam

FREQUENCY: At diagnosis,
then every 1 to 2 years after
that or more often if you have
signs of eye disease.



COMPLICATION: Neuropathy
(Nerve Damage)

TEST: Tendon Reflex,
Pressure/Touch Sensation,
Vibratory Sensation and
Protective Sensation, Ankle
Reflex Test

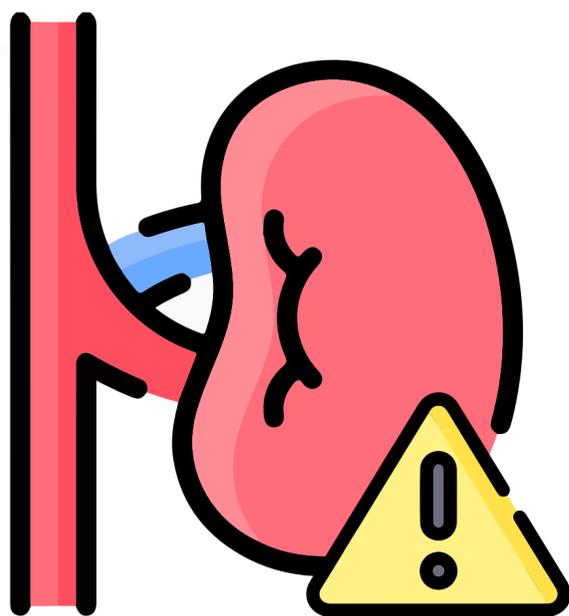
FREQUENCY: At diagnosis,
annually thereafter.



COMPLICATION: Nephropathy
(Kidney Damage)

TEST: Dipstick urinalysis for
Proteinuria, Microalbuminuria,
Serum Creatinine and
Estimated GFR,
Albumin-Creatinine Ratio (ACR)

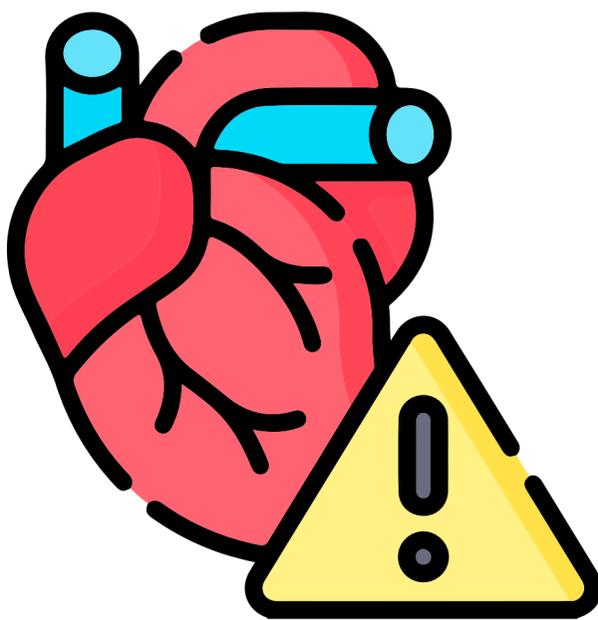
FREQUENCY: Once a year



COMPLICATION: Cardiovascular Disorders (Heart Diseases)

TEST: ECG, Blood pressure, Stress test, Lipid profile, Chest X-ray, 2D Echocardiography

FREQUENCY: Lipids should be checked at diagnosis and annually thereafter



REMEMBER

These are only guidelines.

Please get your health check-up done as advised by your doctor



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



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Reference

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