

# MyCARE

With me, every step of the way



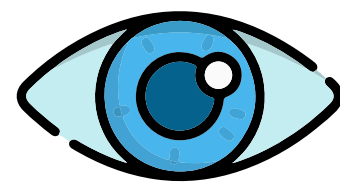
“ **REGULAR CHECK-UPS**  
can help in the early  
detection and prevention  
of **TYPE 1**  
**DIABETES-RELATED**  
**COMPLICATIONS.** ”



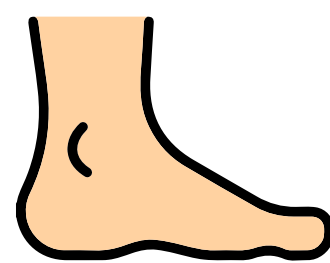
# UNCONTROLLED DIABETES INCREASES YOUR RISK TO DEVELOP A RANGE OF

## MICROVASCULAR COMPLICATIONS

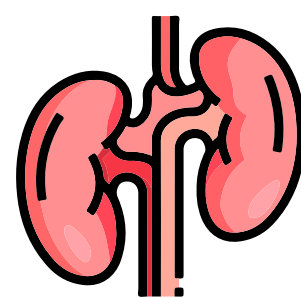
Retinopathy



Neuropathy

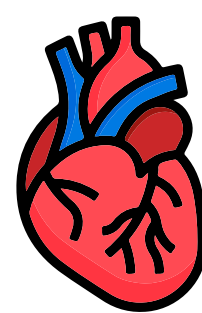


Nephropathy

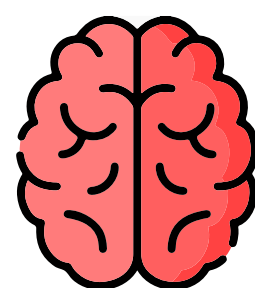



## MACROVASCULAR COMPLICATIONS

Cardiovascular



Cerebrovascular



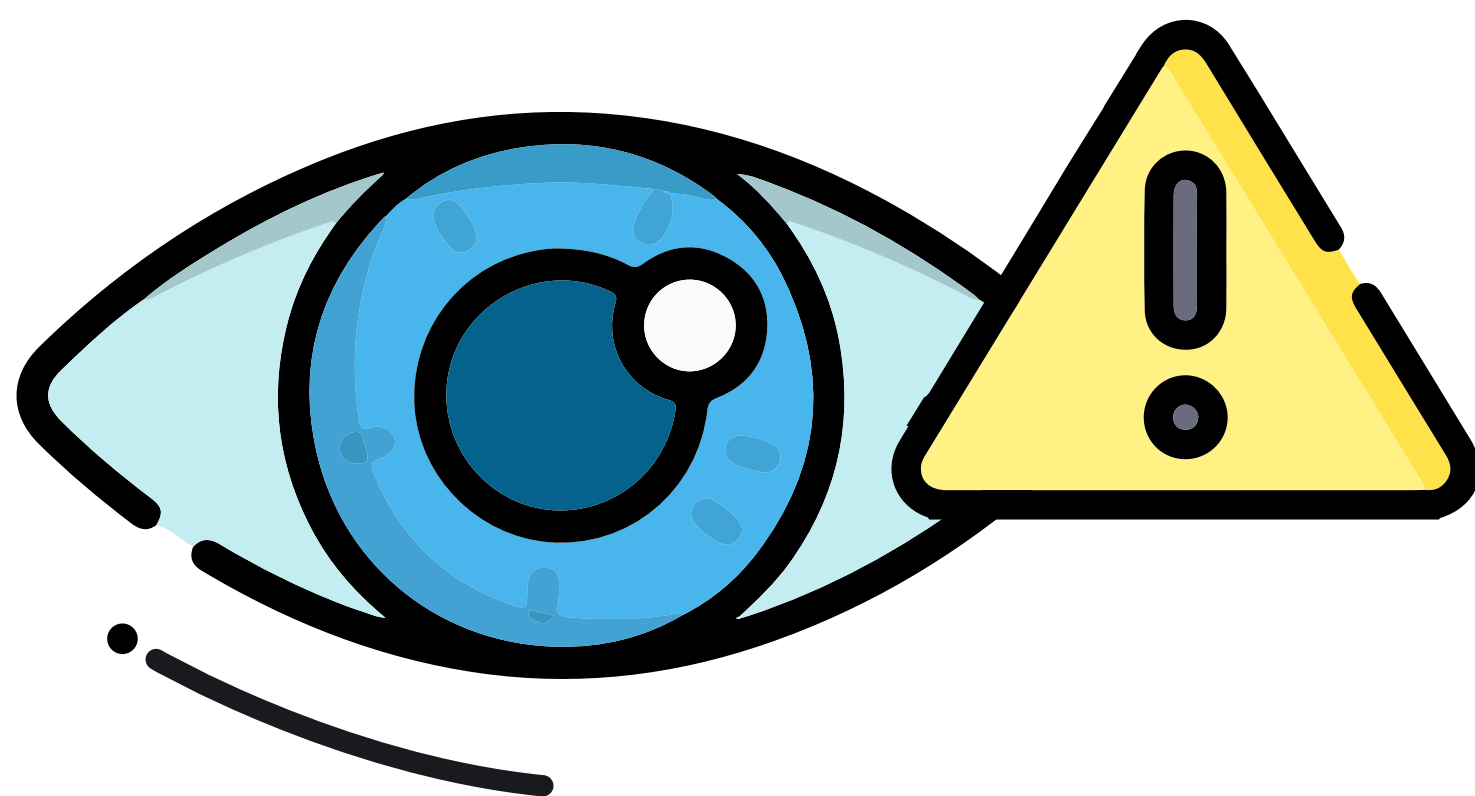


**HERE ARE A  
FEW TESTS  
THAT NEED TO  
BE DONE  
REGULARLY**

**COMPLICATION:** Retinopathy  
(Eye Damage)

**TEST:** Dilated Eye Exam

**FREQUENCY:** Within five years of 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

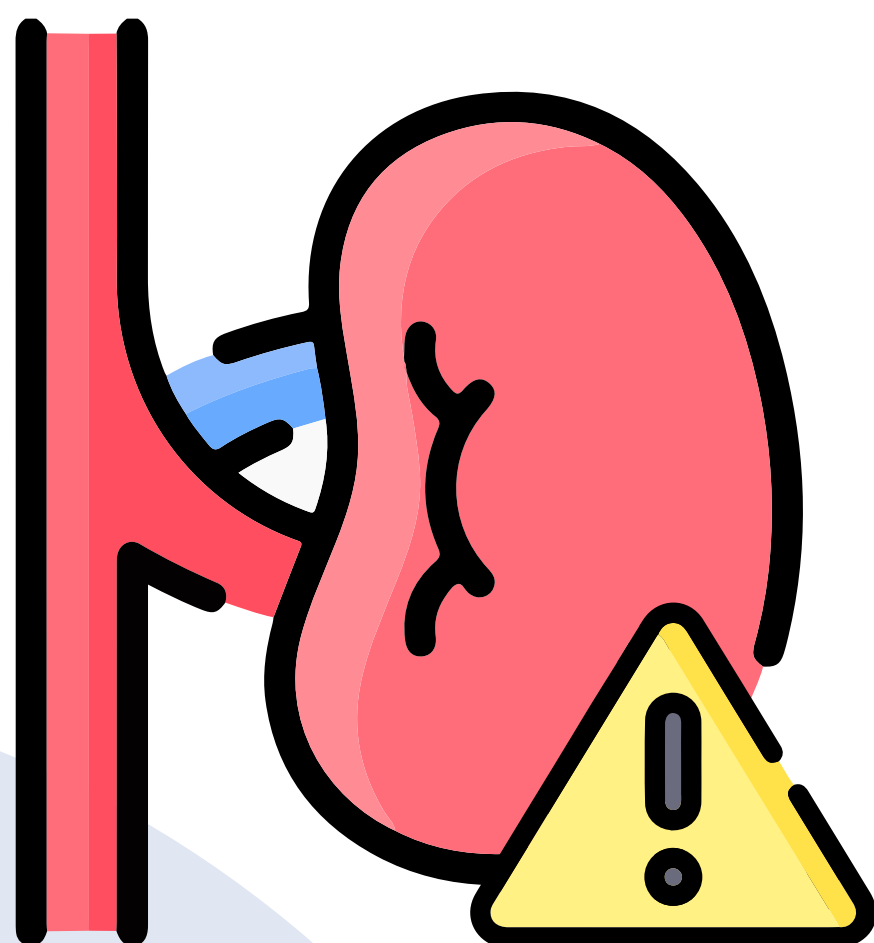
**FREQUENCY:** 5 years  
post-diagnosis. Annually  
thereafter



**COMPLICATION:** Nephropathy  
(Kidney Damage)

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

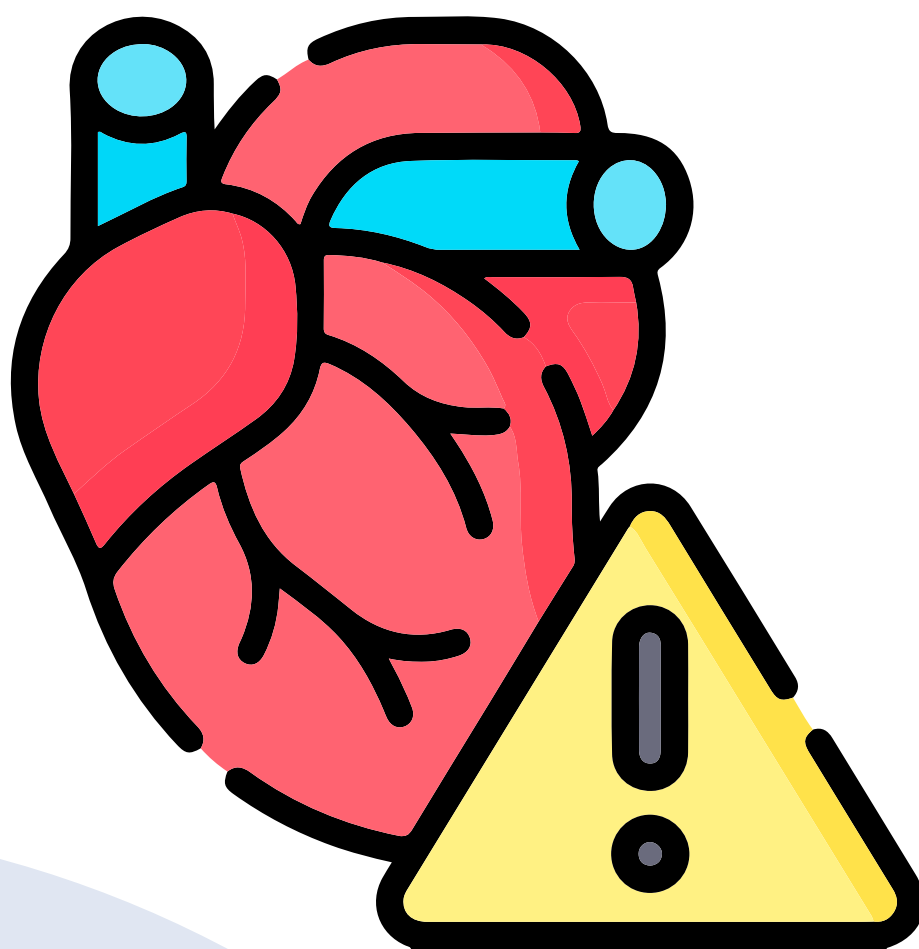
**FREQUENCY:** Once a year if  
you have had Diabetes for  
>5 years



**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 repeated every 3 years if normal





# 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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