



Protect your eyes, kidneys, feet and heart

Name _____ Date _____

Your practical task

Create a care calendar and check feet daily.

Last and next eye assessment

Kidney screening date: eGFR and UACR

Next foot, blood pressure and cholesterol review

Check your understanding

Write True or False beside each statement. This is not a diagnostic test.

1. A painless foot wound can be ignored. _____
2. Kidney screening can require blood and urine. _____
3. A glasses test is the same as a retina examination. _____

Health education for adults and families, mainly about type 2 diabetes. Do not change medicines yourself. Type 1 diabetes, pregnancy, children and complex illness need individual medical care.



Seven-day record

Record what you could do and any barriers.

Day	Feet checked	Footwear checked	Changes/action
1			
2			
3			
4			
5			
6			
7			

My review

What did I learn and what support do I need?

My next small step and review date

Answers 1. False; 2. True; 3. False

Continue structured learning

[CR-DM499 · Diabetes: A Full Explanation to a Common Man](#)

<https://learn.globalselfhealthcare.org/courses/cellureva-diabetes-remission>

Sources: [NIDDK Diabetic eye disease](#) · [NIDDK Diabetic kidney disease](#) · [NIDDK Diabetes and foot problems](#) · [NIDDK Preventing diabetes problems](#)