

*If I am
unconscious, semiconscious
or
BEHAVING ABNORMALLY*

I may be suffering from

HYPOGLYCEMIA

*as a result of the overaction of my
diabetes medications, including insulin.*

GIVE ME PLEASE GLUCOSE (SUGAR)

*in some form-any sugar-containing
soft drink.*

I should improve within 10 minutes.

Diabetes Data Book

下記外国語は、「私は糖尿病があります」を、
英語・フランス語・スペイン語・中国語・韓国語
の順で表現したものです。

- I have diabetes
- J'ai le diabète
- Soy diabético/a
- 我有糖尿病
- 나는 당뇨병환자 입니다

_____ see back page _____

My name is :

Mr./ Ms. _____

Japan Association for
Diabetes Education & Care (JADEC)

RECENT DATA (____ / ____, ____)
Day/Month

Mr./Ms. _____

is on _____ kcal diet

and the following medication:

Morning : (before / after breakfast) _____
mg
mg
U U

Noon : (before / after lunch) _____
mg
mg
U U

Evening : (before / after dinner) _____
mg
mg
U U

Bed time : _____ U

● Other medications :

● Weight (kg): _____ BMI: _____ (kg/m²)

● Plasma glucose (mg/dl): _____

fasting: _____

post prandial (_____ hrs): _____

● HbA_{1c} (%): _____

● Blood pressure (mm Hg): _____

● ECG : normal / abnormal

● Retinopathy :

none / minimum / moderate / impaired vision

● Nephropathy :

BUN (mg / dl): _____

Creatinine (mg/dl): _____

Proteinuria : - + ++ ###

● Neuropathy : - + ++ ###

Signed : _____ , M. D.

Clinic or Hospital :

Phone Number for Emergency :

81 (Japan) _____