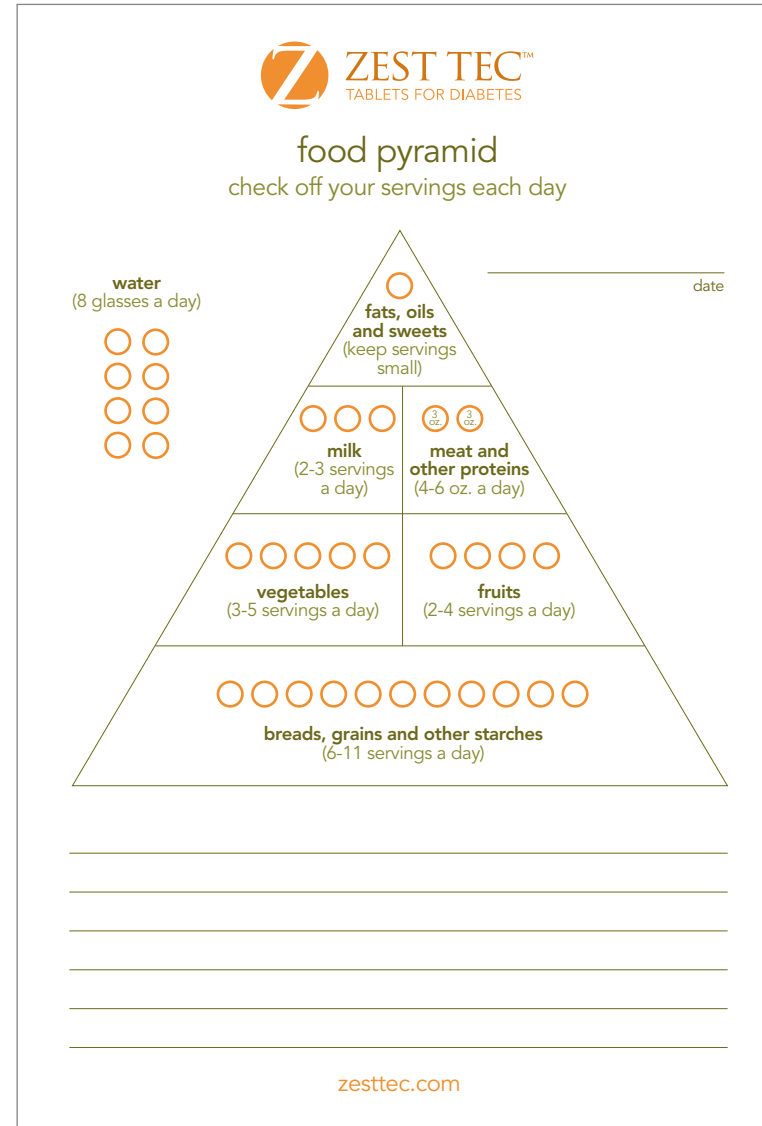




Cover Sheet



Sheets



Back Sheet

Patient Education

Being diagnosed with diabetes can create high anxiety and stress during a patient's visit. This simple tool will be used to help the patient track his eating habits at home. Each day, the patient will stick a sheet on the refrigerator or cabinet, reminding him to track his diet and jot down questions for his doctor. The patient can then bring his sheets to the next check-up for additional help during this major lifestyle change.