

***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.

Diabetic Data Book

下記外国語は、「私は糖尿病患者です」を、英語、フランス語、スペイン語、中国語、ハングル語の順で表現したものです。

- I am diabetic
- Je suis diabétique
- Soy diabético/a
- 我是糖尿病患者
- 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) _____