

<b>Re: Diabetes/BP/Cholesterol Review &amp; Personal Plan</b>
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At our surgery we would like to review your results again and help you to remain in good control and prevent complications.

	Target	Your last result
Diabetes (Hba1c %)	7.5% or lower	
Blood pressure (mmHg)	140/80 or lower	
Cholesterol (mmol/L)	5 or lower	
Weight	Reduction by 5% if overweight	

<b>Better control cuts risk of eye, heart and nerve disease.</b>
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Agreed Personal Plan (to be discussed at consultation)

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Review Date: