

Guide for Diabetes Care

Know your numbers – Track them on your wallet card



		Frequency	Description/Comments
OFFICE VISITS	Blood pressure	Every visit	Goal – 129/79 or less
	Dilated eye exam	Once/year	By an eye care professional
	Dental exam	Every 6 months	Examine teeth and gums
	Brief foot exam	Every visit	Remove shoes and socks
	Monofilament foot exam	Once/year	If at high risk may need a podiatrist
	Flu vaccine	Every fall	
	Pneumonia vaccine	At time of diabetes diagnosis	Ask medical provider about vaccinating again
LABS	Hemoglobin A1C	Every 3-6 months	Goal – less than 7
	Fasting lipid profile	Once/year	LDL (bad) cholesterol – desirable level is less than 100; for HDL (good) cholesterol – greater than 40 for men, greater than 50 for women; for triglycerides – less than 150.
	Random urine albumin to creatinine ratio (microalbuminuria)	Each year if at goal; every 3-6 months if not	Goal – less than 30 or maximum reduction
SELF-MANAGEMENT	Personal goals & action plans (talk with providers)	Every visit	See diabetes educators. Attend self-management programs as advised.
	Blood sugar checks	As advised	Aim to reach personal goals.
	Healthy food choices & body weight management	As advised	Eat more whole grains, vegetables and fruits. Eat less butter, stick margarines, fatty meats and baked pastries. Talk to a dietitian.
	Physical activity/exercise	2½ hours/week moderate intensity & 2 days muscle strengthening	Spread activity out during the day & have fun. Walk, swim, bike, dance, work in the garden, ski, lift weights, climb the stairs, etc.

Keep a list of your medications

