

Know your numbers — Track them on your wallet card

| | | Frequency | Description/Comments |
|------------------------|--|--|--|
| OFFICE VISITS | Blood pressure | Every visit | Aim for 130/80 or less |
| | Dilated eye exam | Every 12-24 months | 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 | Every 12 months | If at high risk may need a podiatrist |
| | Flu vaccine | Every autumn | |
| | Pneumonia vaccine | At time of diabetes diagnosis | Ask medical provider; may need repeat vaccination after age 65 |
| LABS | A1C test for blood sugar | Every 3-6 months | Goal – less than 7 |
| | Cholesterol (Fasting lipid test) | Every 12 months | LDL (bad) cholesterol – goal is less than 100; for HDL (good) cholesterol – greater than 40 for men, greater than 50 for women; for triglycerides – less than 150. |
| | Kidney function: eGFR using blood creatinine eGFR = estimated glomerular filtration rate | Every 12 months if eGFR is greater than 60 Every 3-12 months or as needed if eGFR is less than 60 | Consider a consultation with a kidney specialist: <ul style="list-style-type: none"> ▪ if eGFR less than 45 ml/min, ▪ if blood pressure is difficult to control, or ▪ if urine albumin to creatinine ratio is greater than 1000 mcg/mg. |
| | Kidney test: Urine ACR ACR = albumin to creatinine ratio | Every 12 months if at goal; every 3-6 months if not. | Goal – less than 30 or as low as possible with blood pressure controlled and using “ACE” inhibitors and/or “ARB” medication. |
| 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 whole grains, vegetables, fruits. Eat less saturated fat, fatty meats and pastries. Learn to count and control carbohydrates. Consult a dietitian. |
| | Physical activity/exercise for fitness and stress management | 150 minutes/week or 30 minutes/day moderate intensity & 2 days muscle strengthening. Take time to relax. | Spread activity out during the day & have fun. Walk, swim, bike, dance, work in the garden, ski, lift weights, climb the stairs, walk in mall, etc. Relaxation with help from audio tapes, support groups, friends. |
| | Include peer support | | |

Keep a list of your medications