

Diabetic Health Check



Blood tests

- Before meal blood sugars: 70-130mg/dl
- Post meal blood sugars (2 hrs): <180mg/dl
- A1C (Goal <9%):
 - ✓ 2 times annually if at goal
 - ✓ Quarterly if not at goal
- Lipid profile: Annually
 - ✓ LDL (bad cholesterol): <100 mg/dl
 - ✓ Triglycerides: <150 mg/dl
 - ✓ HDL ("good" cholesterol: >40 mg/dl for males; >50 mg/dl for females)

Blood Pressure: <130/80 mmHg: each diabetes visit

Foot exams

- ✓ Visual exam: Each diabetes visit
- ✓ Comprehensive foot exam: At least annually (more often in patients with high-risk foot conditions)

Eye exam

- Dilated eye exam: Annually

Lipid profile: Annually

- ✓ LDL (bad cholesterol): <100 mg/dl
- ✓ Triglycerides: <150 mg/dl
- ✓ HDL ("good" cholesterol: >40 mg/dl for males; >50 mg/dl for females)

Urine tests

- Microalbuminuria: <30 ug/mg creatinine: Annually
- Urinalysis: Ketones, protein, sediment

Other tests (if indicated)

- ✓ Thyroid-stimulating hormone
- ✓ Electrocardiogram

Avoiding Complications with Diabetes



Exercise at least 5 times a week



Healthy food choices



Find support



Dental checkups every 6 months

Don't smoke

