



Once-a-Year Checklist

Plan to have these lab tests and exam checks on an annual basis.

✓	TEST/CHECK AND TARGET RESULTS	NOTES AND REMINDERS
<input type="checkbox"/>	<p>Blood lipids profile Target Results: LDL: <100 mg/dl is the LDL goal without heart disease; with heart disease, the goal is <70 mg/dl HDL: men >40 mg/dl; women >50 mg/dl Triglycerides: <150 mg/dl</p>	<ul style="list-style-type: none"> › Have this blood test more often if you start or change medicine to improve your blood lipids; or every two years if your past result shows you are at low risk. › To improve your numbers, reduce consumption of saturated and trans fats and cholesterol; eat more omega-3 fats and viscous fiber; lose weight (if needed); and increase physical activity. › Take a statin medication if you have heart disease or are older than 40 with one or more risk factors for heart disease. If you are younger than 40 without heart disease or if you have multiple risk factors for heart disease, statin medication should be considered if LDL remains above 100 mg/dl.
<input type="checkbox"/>	<p>Microalbuminuria <i>(Urinary albumin excretion can be measured with a random spot urine test/collection that measures the albumin-to-creatinine ratio to check kidney function.)</i> Target Results: <30 ug/mg (This is currently defined as normal albumin excretion rate.)</p>	<ul style="list-style-type: none"> › A urine sample is needed for this test. › If the level of urinary albumin excretion is modestly elevated (30–299 mg/day) or higher (>300 mg/day), the ADA recommends taking either an ACE inhibitor or ARB, which are medications that help protect kidney function.
<input type="checkbox"/>	<p>Comprehensive eye exam with dilation of the retinas Target Results: Healthy eyes</p>	<ul style="list-style-type: none"> › People with type 2 should have this test at diagnosis and at least annually thereafter. Adults with type 1 should have this eye exam within five years after diagnosis of diabetes and at least annually thereafter. › Schedule an appointment with an ophthalmologist or optometrist immediately if any problems are detected in the exam.
<input type="checkbox"/>	<p>Check nerve function in feet and legs <i>(Check for signs of other nerve problems, such as erectile dysfunction in men and problems with digesting food or tolerating exercise due to rapid heart rate or difficulty maintaining blood pressure.)</i> Target Results: Healthy sensation and circulation</p>	<ul style="list-style-type: none"> › Remove shoes and socks at your medical visits. Your care provider might test for temperature and/or use a tool or monofilament to check pin-prick or vibration sensations. Using two methods is preferred for spotting problems. › Make sure your care provider checks for these problems during your exam.
<input type="checkbox"/>	<p>Diabetes self-management education and support (DSMES) and medical nutrition therapy Target Results: Feel confident and informed about your diabetes care and management.</p>	<ul style="list-style-type: none"> › Request a referral from your health care provider for both types of education and support after diagnosis, and follow up at least annually. › Many health plans now cover these services.
<input type="checkbox"/>	<p>Flu vaccine Target Results: Protection against influenza</p>	<ul style="list-style-type: none"> › Get the flu shot or nasal vaccination each fall.

*Recommendations are in accordance with the American Diabetes Association's "Standards of Medical Care—Diabetes," 2014; view at: http://care.diabetesjournals.org/content/37/Supplement_1/S14.full.pdf+html. Your health care provider may advise different targets for these tests based on your diabetes, your health, and your self-care goals.

3-6 Month Checklist

Make sure your doctor is ordering these tests for you at each quarterly or semiannual office visit.

✓	TEST/CHECK AND TARGET RESULTS	NOTES AND REMINDERS
☐	Review blood glucose monitoring records Target Results: Fasting and before meals: 70–130 mg/dl After meals: <180 mg/dl	<ul style="list-style-type: none">› Bring your written records or printouts with notes, observations, and questions.› Ask what your targets should be and how you can get there.› Know what to do if your numbers are too high or too low. Ask if you have questions or need a review. You can also contact the manufacturer online or by phone.› For accurate readings, make sure you know how to use your meter and keep it in good working order.
☐	A1C <i>(average blood glucose level over 2–3 months)</i> Target Results: <7 percent	<ul style="list-style-type: none">› Get an A1C quarterly if you have changed your treatment or aren't meeting your A1C goal. If you're meeting your goal and not changing medicines, twice a year is enough. This test can be performed with a finger stick in your care provider's office or in a lab. Home A1C tests aren't recommended.› Your care provider may advise you to aim lower or higher depending on your individual situation.
☐	Blood pressure Target Results: <120/80 mmHg	<ul style="list-style-type: none">› If blood pressure is higher than 120/80, your provider should recommend weight control, exercise, and reducing sodium and increasing potassium intake.› If it's higher than 140/80, your provider should start a blood pressure-lowering medication and make necessary changes or additions to current medications.
☐	Dental care Target Results: Cleaning and exam twice a year	<ul style="list-style-type: none">› Be sure to tell your dentist you have diabetes.› Treat any gum or tooth problems as soon as they are identified.
☐	Weight Target Results: Appropriate body mass index (BMI) for your gender and height	<ul style="list-style-type: none">› In people with newly diagnosed type 2 diabetes or in the first few years after diagnosis, losing 5–7 percent of body weight and keeping it off can improve glucose, lipids, blood pressure, and more.› For help in losing weight, request a referral to a registered dietitian or certified diabetes educator.
☐	Physical activity Target Results: Accumulate at least 150 minutes per week of moderate-intensity aerobic activity; if able, do resistance training two times per week	<ul style="list-style-type: none">› Develop a regular activity plan that is safe and attainable for you.
☐	Foot exam Target Results: Healthy feet without wounds or fungus	<ul style="list-style-type: none">› Remove your shoes and socks, and be ready for inspection.› Point out any problems to your provider.
☐	Daily aspirin use Target Results: 75–162 mg per day	<ul style="list-style-type: none">› If you are at increased risk for heart disease (most men older than 50; women older than 60) and also have at least one heart disease risk factor in addition to diabetes. (Aspirin shouldn't be recommended for adults with diabetes at low risk of heart disease.)

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Health Reminders

✓	TEST/CHECK AND TARGET RESULTS	NOTES AND REMINDERS
<input type="checkbox"/>	Cigarette use Target Results: No smoking	› If you smoke, discuss ways to get help quitting.
<input type="checkbox"/>	Hepatitis B vaccine Target Results: Protection against hepatitis B	› Adults ages 19–59 should get a hepatitis B vaccine. For adults 60 and older who have never received a hepatitis B vaccine, talk to your health care provider about getting one. › This recommendation was added in 2013 based on a new recommendation from the CDC due to the increase in hepatitis B among people with diabetes.
<input type="checkbox"/>	Pneumococcal vaccine Target Results: Protection against pneumonia; at least one shot in your lifetime	› Age 64 and older: If you were vaccinated before age 65 and it was more than five years ago, you may need a repeat vaccination.

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