

DIABETES CARE GUIDE

Lab Tests: You should have:

HbA1c every 3 months if your last result was 7.0 or higher

HbA1c every 6 months if your last result was less than 7.0

Fasting Lipid Profile once a year: LDL goal <100

Urine Microalbumin once a year

Tests:

Dilated Retinal Eye Exam once a year

Please ask your eye care provider to send a report to your physician.

At Every Visit you will need:

Blood Pressure check: Goal <130/80

Weight

Foot Inspection: Please take off your socks and shoes

Smoking Cessation: If you smoke, ask for counseling and materials to help you quit

Review Blood Glucose Records: Please bring in records and glucometer to each visit

Medication Review: Please bring in all of your medications to each visit. Ask for a Medication Bag if you do not have one.

Every year you will need:

Comprehensive lower extremity exam: This may be performed by your physician, nurse, or your podiatrist.

Height

Influenza Vaccine during flu season

You will need your:

Pneumovax Vaccine once. Your physician will inform you if and when it needs to be repeated.