

# PROHEALTHY

Education for our patients and families

## Diabetes Standards of Care

*These are the standards recommended by national diabetes agencies. Your medical plan will be developed by your physician with your needs in mind.*

<b>Tests, Exams, and Vaccines</b>	<b>Frequency</b>
<b>A1C</b>	<b>Two to four times per year, depending on blood glucose control</b> (goal: less than 7.0%)
<b>Foot Exam:</b> <ul style="list-style-type: none"><li>• Comprehensive (Semmes-Weinstein monofilament, tuning fork, palpation, and visual exam)</li><li>• Visual exam</li></ul>	<b>Once a year</b>  <b>Each visit</b>
<b>Blood Pressure</b>	<b>Each visit</b> (goal is less than 130/80 mmHg)
<b>Dilated Eye Exam</b>	<b>Once a year</b>
<b>Lipid Profile</b> (Cholesterol, HDL, LDL, Triglycerides)	<b>Once a year</b> (goal for LDL is less than 100 mg/dl. If at high risk, the goal for LDL is less than 70 mg/dl; HDL higher than 40 mg/dl for men and higher than 50 mg/dl for women; goal for triglycerides is less than 150 mg/dl)
<b>Kidney Function Exam</b> (Microalbuminuria screening and blood Creatinine)	<b>Once a year</b>
<b>Vaccines:</b> <ul style="list-style-type: none"><li>• Flu</li><li>• Pneumonia</li></ul>	<b>Once a year</b> <b>Once or as recommended by your doctor</b>
<b>Dental Exam</b>	<b>Twice a year</b>
<b>ASK YOUR DOCTOR ABOUT</b>	
<b>Diabetes Self-Management Education</b>	<b>As needed</b>
<b>Pre-Pregnancy Family Planning Counseling</b>	<b>As needed</b> ACE inhibitors to be discontinued before conception
<b>Aspirin Therapy</b> (75-162 mg/day)	<ul style="list-style-type: none"><li>• All adults with diabetes and macrovascular disease</li><li>• People with diabetes who are over age 40 and at increased cardiovascular risk</li></ul>
<b>Smoking Cessation</b>	<b>Each visit</b>
<b>Your Health Care Goals</b>	<b>Each visit</b>

Please call your doctor for any questions or concerns you may have regarding this information.



**PROHEALTH CARE**

*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have. This educational material was developed by a team of experts from throughout ProHealth Care.*

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