

Standards of Care for People with Diabetes

Approximate

A1C %	Mean Whole Blood Glucose mg/dl	Mean Plasma Glucose mg/dl
13	330	380
12	300	345
11	270	310
10	240	275
9	210	240
8	180	205
7	150	170
6	120	135
5	90	100
4	60	65

American
Diabetes
Association
recommends

A1C < 7%



TESTS, EXAMS & VACCINES

A1C

Foot Exam

- **Comprehensive** (*Semmes-Weinstein monofilament, tuning fork, palpation and visual exam*)
- **Visual Exam**

Blood Pressure

Dilated Eye Exam

Lipid Profile (*Cholesterol, HDL, LDL, Triglycerides*)

Kidney Function Exam (*Microalbuminuria Screening*)

Vaccines

- **Flu**
- **Pneumonia**

Dental Exam

ASK YOUR DOCTOR ABOUT

Diabetes Self-Management Education

Pre-Pregnancy – Family Planning Counseling

Aspirin Therapy (*75-325 mg/day*)

Smoking Cessation

Your Health Care Goals

FREQUENCY

Two to four times per year, depending on blood glucose control

Once a year

Each visit

Each visit (*goal is less than 130/80 mm/Hg*)

Once a year

Once a year (*goal for LDL is less than 100 mg/dl; goal for triglycerides is less than 150 mg/dl*)

Once a year

Once a year

Once or as recommended by your doctor

Twice a year

As needed

As needed

- **All adults with diabetes and macrovascular disease**

- **People with diabetes who are over age 40 and have one or more cardiovascular risk factors**

Each visit

Each visit

Reference: “American Diabetes Association: Clinical Practice Recommendations, 2003.” *Diabetes Care*. January 2003; Vol. 26 (Supp. 1).



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