

Standards of Care for People with Diabetes



Hemoglobin A1c This blood test measures blood sugar control over the past 90 days. The closer your hemoglobin A1c is to that of people who do not have diabetes, the less chance you have of damage to your heart, eyes, kidneys and blood vessels. Hemoglobin A1c should be tested two to four times a year, depending on how well your blood sugars are controlled and if you've had a recent change in your diabetes medication.



Foot Inspection You should inspect your feet every day. In addition, people with diabetes should have their feet inspected during each visit to the doctor to look for signs of redness, warmth, swelling or calluses, which can be early warning signs that can lead to more serious problems with your feet.



Foot Examination Loss of feeling in the feet is a major sign of damage or injury, which can lead to amputation. An annual foot examination tests how much feeling you have in your feet and helps your doctor find current or future problems.



Dilated Retinal Eye Examination A dilated eye examination is important in order to find any changes in the eyes caused by diabetes. Left untreated, these problems can lead to blindness. This exam should be done every year by an ophthalmologist or optometrist trained to look for diabetic eye disease. A dilated retinal examination is separate from having your vision checked for glasses. When you make your appointment to have your eyes examined, make sure you have a dilated retinal exam done. The cost of the exam is typically a covered medical benefit and doesn't require that you have vision coverage. However, a referral may be required. If you have questions about coverage, check with your health plan.



Fasting Lipid Profile People with diabetes have heart attacks at a higher rate and at an earlier age than people without diabetes. High levels of lipids (fats) in the blood can lead to a heart attack. By knowing what your lipids are, you and your doctor can work together to develop a plan to decrease your risk of a heart attack. Your doctor can test your lipid levels by doing a simple blood test. Done once a year, this blood test includes total cholesterol level, LDL level, HDL level and triglyceride level.



Blood Pressure Diabetes and high blood pressure (hypertension) can lead to heart attack, stroke or kidney disease. It is important to have your blood pressure checked regularly. If it is high, your doctor may prescribe medicine to reduce your blood pressure and your chance of having complications related to high blood pressure. Have your blood pressure checked at every visit to your doctor!

Standards of Care for People with Diabetes *(continued)*



Urinary Protein/Microalbumin It is important to monitor your kidney function to make sure they are working well. These tests measure the ability of the kidneys to filter the body's waste products. Adults with diabetes who have no protein in their urine should have a microalbumin test done once a year. Adults with diabetes who have protein in their urine should be monitored regularly by their doctor.



Flu Vaccine The flu can be much more serious for a person who has diabetes than for a person without diabetes. Many people with the flu must be hospitalized. A yearly flu vaccination can help you avoid most kinds of flu.



Pneumonia Vaccine Pneumonia can be a serious problem for people with diabetes. Being vaccinated for pneumonia once before age 65 can lessen your chances of catching pneumonia. People over 65 should check with their doctor about a follow-up vaccine.



General Health Information on women's health, men's health, smoking cessation and other topics is available to you from your health care team.



Dental Examination Diabetes can affect your oral health. It is important to see your dentist at least twice a year.