

Guidelines

good health guidelines for
people with diabetes



A1C¹

This blood test measures blood sugar control over the past 90 days. The closer your A1C is to that of people who do not have diabetes, the less chance you have of damage occurring to your heart, eyes, kidneys and blood vessels. A1C should be tested two to four times a year, depending on how well your blood sugars are managed and/or if you have had a recent change in your diabetes medications. The goal of A1C levels is < 7.0%.



BLOOD PRESSURE¹

High blood pressure (hypertension) can lead to a heart attack, worsening heart failure, stroke or kidney failure. Both the American Heart Association and the American Diabetes Association recommend blood pressures of less than 130/80 for people with diabetes. Make sure that you have your blood pressure checked at every visit to your health care provider and talk with your doctor about how to reach your blood pressure goals.



FOOT INSPECTION/EXAMINATION¹

You should inspect your feet every day for signs of redness, warmth, swelling, or calluses, which can be early warning signs of conditions that can lead to serious foot problems. In addition, people with diabetes should have their feet inspected by their health care provider during each visit. You should also have a complete sensory foot exam done by your doctor every year.



DILATED RETINAL (EYE) EXAMINATION¹

People who have diabetes should have a dilated retinal (eye) examination every year. Early detection and treatment of changes in your eyes can often prevent blindness. Remember this is a special eye exam and is different than having your vision checked for glasses.



FASTING LIPID PROFILE¹

High levels of lipids (fats) in the blood can lead to a heart attack and stroke. People with diabetes are at a higher risk for heart attacks and strokes than those without diabetes. Lipid profile tests should be done at least once a year so that you and your doctor can develop a plan to reduce your risk for a heart attack.



URINARY PROTEIN/MICROALBUMIN¹

Measuring your urinary protein will give you and your doctor information about the health of your kidneys and blood vessels. You should have an annual test for urine protein/albumin if you have type 2 diabetes or if you have had type 1 diabetes for more than five years.

¹ American Diabetes Association: Standards of Medical Care for Patients with Diabetes, Diabetes Care 26 (Suppl. 1); 2003

Please take and discuss this information during your next doctor's appointment.

Complete the requested information located to the right and keep at home for your records.

Also, have this important information available if you have a scheduled phone call with one of our nurses.

Tests and Exams

Please check all that are complete.

<input type="checkbox"/> A1C (#1)	Date _____	Result _____
<input type="checkbox"/> A1C (#2)	Date _____	Result _____
<input type="checkbox"/> Blood Pressure	Date _____	Result _____
<input type="checkbox"/> Foot Examination	Date _____	Result _____
<input type="checkbox"/> Dilated Retinal Exam	Date _____	Result _____
Fasting Lipid Profile		
<input type="checkbox"/> Total Cholesterol	Date _____	Result _____
<input type="checkbox"/> HDL (good cholesterol)	Date _____	Result _____
<input type="checkbox"/> LDL (bad cholesterol)	Date _____	Result _____
<input type="checkbox"/> Triglycerides	Date _____	Result _____
<input type="checkbox"/> Urinary Protein/Microalbumin	Date _____	Result _____

Reviewed and approved* by
 JOHNS HOPKINS

A committee of Johns Hopkins faculty and professional staff have reviewed these materials and found them to be appropriate for use by primary care physicians, other health professionals and patients. Johns Hopkins acted independently of and received compensation from American Healthways for this review. Johns Hopkins bears no responsibility for clinical outcomes that result from applying these guidelines.