



DIABETES CARE FLOW SHEET

Measure, Test or Discussion	How Often	Goal		3-Month Visit	6-Month Visit	9-Month Visit	Yearly Check-Up	3-Month Visit	6-Month Visit	9-Month Visit
			Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Weight	Every visit									
Blood Pressure	Every visit	Less than 130/80								
Blood Glucose	Every visit									
A1c (average blood sugar test)	2 to 4 times a year	Less than 7%								
Microalbumin (urine protein test)	Every year	Less than 30 _{mg/l}								
GFR (kidney function)	Every year <small>(may vary with each patient)</small>	90 mL/min or more <small>(check with your provider)</small>								
Fasting Lipid Profile (blood fat test)	Every year	Less than 200 _{mg/dl}								
Cholesterol (total)										
LDL (low density lipoprotein)		Less than 100 _{mg/dl}								
HDL (high density lipoprotein)		More than 40 _{mg/dl} for men More than 50 _{mg/dl} for women								
Triglycerides (fasting)		Less than 150 _{mg/dl}								
Foot Exam	Every visit									
Dental Exam	Every 6 months									
Eye Exam (dilated)	Every year									
Childbearing Plans & Pregnancy Risks	Review every year for women 12-45 years old									
Flu Shot	Every year in the fall									
Pneumonia Shot	One time if you have never had one									

The goals shown here may be different for each person. Please check with your doctor on what is best for you.



Our goal at the Diabetes Centers is to help you take an active role in managing your diabetes so you can have a healthier life. The Diabetes Care Guidelines, listed on the other side, were developed to help reach this goal. The guidelines are laid out as a flow sheet to help you track your diabetes.

Your diabetes care will focus on your blood sugar. High blood sugar over time can cause a lot of damage to your body. Your feet, eyes, kidneys, nerves, heart and blood vessels are the most likely to be damaged. We want to find any problems you have as soon as possible. Early treatment usually means fewer long-term problems.

Let's take a closer look at some of these guidelines:

Weight: Many people with diabetes need to keep their weight steady or lose a few pounds. You and your doctor can decide what is OK for you.

Blood Pressure: Many people with diabetes have high blood pressure. High blood pressure is linked to heart disease, stroke, eye and kidney problems.

A1c: This test measures your average blood sugar over the past 2 to 3 months. The results will help you and your doctor know whether your diabetes treatment plan is working.

Microalbumin: This is a urine test to find early kidney problems. If the test result is high, your doctor may order medication to protect your kidneys.

Fasting Lipid Profile: This is a blood test that measures several fats in your blood related to heart disease. Included in the test are total cholesterol, LDL ('bad' cholesterol), HDL ('good' cholesterol) and triglycerides. People with diabetes are at higher risk for developing heart disease.

Foot Exam: Take off your shoes and socks when you visit your doctor. Your feet need to be looked over for sores, cracks, calluses and infection. Also, the blood vessels and nerves in your feet need to be checked.

Dental Exam: People with diabetes may be at higher risk for dental problems.

Eye Exam: Your eyes need to be dilated (pupils opened) with drops by an ophthalmologist or optometrist at least once a year. This allows the doctor to see the back of the eye where diabetes can cause damage.

Childbearing Plans and Pregnancy Risks: If you are a woman who is planning on getting pregnant, talk with your doctor. BEFORE you get pregnant, you need to do two things to safeguard your health and your baby's health:

- Have your A1c in goal range, less than 7%
- Start a folic acid vitamin supplement