



DANCE OUT DIABETES

Screening and Standards of Care Summary

Screening for Diabetes

Per the 2014 American Diabetes Association Standards of Care, testing to detect type 2 diabetes and prediabetes in people without symptoms should be considered in adults of any age who are overweight or obese (BMI equal to or greater than 25 kg/m²) and who have one or more additional risk factors for diabetes (see below). In those without these risk factors, testing should begin at age 45 years.

- physical inactivity, or first-degree relative with diabetes
- African American, Latino, Native American, Asian American, Pacific Islander
- women who delivered a baby weighing 9 pounds or had gestational diabetes
- high blood pressure (140/90 mmHg or higher, or taking medication to control it)
- HDL cholesterol level (35 mg/dL or lower, and/or a triglyceride level 250 mg/dL)
- women with polycystic ovarian syndrome
- A1C 5.7% or higher, or abnormal glucose results from previous testing
- other clinical conditions associated with insulin resistance (like severe obesity)
- history of cardiovascular issues (plaque build-up in the blood, heart or artery disease)

What is Diabetes?

- A condition where the body is not able to use energy from foods properly. Your body is made of millions of cells. All cells need blood sugar (also called *glucose*) to live and function. Glucose comes from the foods you eat. Your blood carries glucose to the cells in your body.
- A hormone called *insulin* helps glucose enter the cells where it is used or stored for energy. Diabetes happens because the body does not have enough insulin or does not use insulin properly. If the glucose cannot get into the cells, it builds up in the blood.

What is Pre-diabetes?

Blood glucose levels that are higher than normal but not high enough to be called diabetes. It may be reversible by eating healthy and being active every day.



Fasting Blood Glucose
(8 hours without food or calorie-containing drinks)

Random Blood Glucose
(anytime of day, after any food or calorie-containing drinks)

A1C test
3-month glucose average
(OK if you just ate or had something to drink)

Health Maintenance for People with Diabetes

Updated 1-6-14

NAME _____

| | | Visit 1 | Visit 2 | Visit 3 | Visit 4 | |
|-----------------------------|--|---------|---------------------------|---------------------------|---------------------------|---------------------------|
| Every Visitory Visit | Review Blood Glucose Records 70 to 130 mg/dL before meals less than 180 mg/dL 2 hours after meals | Date | | | | |
| | | Value | before meal after meal | before meal after meal | before meal after meal | before meal after meal |
| | Blood Pressure ADA Goals: less than 140/80 mmHg | Date | | | | |
| | | Value | | | | |
| | Weight Normal: Body Mass Index (BMI) less than 25 Goal: If overweight, 5 to 7% weight loss | Date | | | | |
| | | Value | | | | |

| | | | | | | |
|-----------------------------|--|-------|--|--|--|--|
| 2 - 4 Times per Year | A1C measures the past 3 months of blood glucose levels, also reported as estimated glucose average (eAG) ADA Goal: less than 7.0% (or eAG of 154). Less stringent goals may be appropriate due to hypos, age | Date | | | | |
| | | Value | | | | |
| | Dental cleaning recommended 2 times per year | Date | | | | |

| | | | | | | |
|--------------------|--|-------|------------|------------|------------|------------|
| Once a Year | Cholesterol (every 1 - 2 years based on risk) ADA Goal: less than 200 mg/dL | Date | | | | |
| | | Value | | | | |
| | Triglycerides (every 1 - 2 years based on risk) ADA Goal: less than 150 mg/dL | Date | | | | |
| | | Value | | | | |
| | HDL and LDL (every 1 - 2 years based on risk) HDL Goal: above 40 mg/dL (men) above 50 mg/dL (women) LDL Goal: less than 100 mg/dL (less than 70 if cardiovascular disease present) | Date | | | | |
| | | Value | HDL LDL | HDL LDL | HDL LDL | HDL LDL |
| | Urine albumin is a test of kidney function ADA Goal: less than 30 mg/G | Date | | | | |
| | | Value | | | | |
| | eGFR (estimated glomelular filtration rate) / kidney health above 59 mL/min/1.73 for Caucasians above 69 mL/min/1.73 for African Americans* | Date | | | | |
| | | Value | | | | |
| | Foot Exam (thorough exam annually and visual exam every visit) | Date | | | | |
| | | Value | | | | |
| | Dilated Eye Exam (at least every year) | Date | | | | |
| | Complete Physical Exam | Date | | | | |

*eGFR levels in African Americans are 10% higher due to increased muscle mass. Check your lab report for details.

Ask your health care team about getting the flu shot, pneumonia vaccine, Hepatitis B and H1N1 vaccine, taking a baby aspirin and how to quit smoking. Tell your health care team if you have any unusual symptoms.