



# Health Maintenance for People with Diabetes

Updated 1-9-13

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

<b>2 - 4 Times per Year</b>	<b>A1C</b> 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)	Date				
		Value				
	<b>Dental cleaning</b> recommended 2 times per year	Date				

<b>Once a Year</b>	<b>Cholesterol</b> (every 1 - 2 years based on risk) ADA Goal: less than 200 mg/dL	Date				
		Value				
	<b>Triglycerides</b> (every 1 - 2 years based on risk) ADA Goal: less than 150 mg/dL	Date				
		Value				
	<b>HDL and LDL</b> (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	HDL	HDL	HDL	HDL
		Value	LDL	LDL	LDL	LDL
	<b>Microalbumin</b> is a urine kidney test ADA Goal: less than 30 mg/G	Date				
		Value				
	<b>eGFR</b> (estimated glomerular filtration rate) / kidney health above 59 mL/min/1.73 for Caucasians above 69 mL/min/1.73 for African Americans*	Date				
		Value				
	<b>Foot Exam</b> (thorough exam annually and visual exam every visit)	Date				
		Value				
	<b>Dilated Eye Exam</b> (at least every year)	Date				
	<b>Complete Physical Exam</b>	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.**