

## Your Diabetes and Health Maintenance Checklist

### Goals for control

People with diabetes should see their doctor on a routine basis to have their diabetes checked and to look for early signs of complications. The American Diabetes Association recommends these tests be done at your doctor visit. This handout provides a list of important tests and when they should be done.



Test	When It Should Be Done
<b>Hemoglobin A1C</b> <i>Goal: Less than 7%*</i>	2 times a year if your diabetes is controlled; 4 times a year if your diabetes is not controlled or your treatment plan has changed
<b>Dilated eye exam</b>	Yearly for most patients
<b>Comprehensive foot exam</b>	Yearly, but more often if you have foot problems
<b>Kidney health</b> Urine test for urinary albumin: <i>Goal: Less than 30 µg/mg creatinine*</i> Urine test for estimated glomerular filtration rate (GFR): <i>Goal: More than 60 mL/min/1.73m<sup>3</sup> *</i>	Yearly if : You have had type 1 diabetes for more than 5 years You have <i>hypertension</i> (high blood pressure)
<b>Blood pressure control</b> <i>Goal: Less than 140/90 mmHg for most patients*</i>	Check at every visit
<b>Weight</b>	Check at every visit

Test	When It Should Be Done
<p><b>Lipid control</b></p> <p><i>Goals:</i></p> <p>LDL cholesterol: The American Diabetes Association (ADA) recommends that people with diabetes keep LDL levels at or below 100 mg/dL, or under 70 mg/dL if you also have heart disease. The ADA also recommends using cholesterol-lowering medicines to reach those goals. *</p> <ul style="list-style-type: none"> <li>• HDL cholesterol: <ul style="list-style-type: none"> <li><i>For men:</i> greater than 40 mg/dL*</li> <li><i>For women:</i> greater than 50 mg/dL *</li> </ul> </li> <li>• Triglycerides: Less than 150 mg/dL*</li> </ul>	<p>Test every 1 to 2 years</p>

## Blood Glucose Goals for Adults

Please note that pregnant women, children, the elderly, and people with severe health problems have different goals than the ones given here.

**Fasting or pre-meal blood glucose** ..... 80 to 130 mg/dL\*

**Post-meal blood glucose measurement:**

Should be done 1 to 2 hours after starting a meal..... Less than 180 mg/dL\*

## Living a Healthy Lifestyle

- Have a dental exam every 6 months or yearly.
- Exercise on a regular basis. Before you start a program of physical activity, talk with your health care provider. People with diabetes are advised to do:
  - Moderate-intensity aerobic physical activity 150 minutes a week, spread out over 3 to 5 days
  - Muscle-strengthening activities 2 days a week
- Make healthful food choices. People who have pre-diabetes or diabetes should see a registered dietitian for dietary counseling for help reaching their treatment goals, if needed.
- For overweight or obese individuals, modest weight loss (7% of their total body weight) is advised.
- If you smoke, STOP.

\* *Recommendations from the American Diabetes Association, 2016*

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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