

Guide for Diabetes Care

Know your numbers – Track them on your wallet card

		Frequency	Description/Comments
OFFICE VISITS	Blood Pressure	Every visit	Goal – less than 130/80
	Dilated Eye Exam	Once a year	Either ophthalmologist or optometrist (your medical provider will advise)
	Dental Exam	Every 6 months	Examine teeth and gums
	Brief Foot Exam	Every visit	Remove shoes and socks
	Complete Foot Exam	Once a year	If at high risk may need a podiatrist
	Flu Vaccine	Every fall	
	Pneumonia Vaccine	At time of diagnosis	Ask medical provider about vaccinating again
LABS	Hemoglobin A1C	Every 3-6 months	Goal – less than 7
	Triglycerides (fat)	Once a year	Goal – less than 150
	Cholesterol (Total)	Once a year	Goal – less than 200
	LDL (Bad) Cholesterol	Once a year	Goal – less than 100 (or ask your provider if your goal is less than 70)
	HDL (Good) Cholesterol	Once a year	Goal – greater than 40 for men; greater than 50 for women
	Urine protein or albumin	Once a year	Goal – less than 30
SELF MANAGEMENT	Setting personal goals & discussing them with your medical providers	Every visit	See diabetes educators. Attend diabetes education and other programs as advised.
	Checking Blood Sugar	As advised	Aim to reach personal goals
	Healthy Food Choices & Body Weight Management	As advised	Eat more whole grains, vegetables and fruits. Eat less butter, stick margarines, fatty meats and baked pastries. Talk to a dietitian.
	Physical Activity/Exercise	At least 30 minutes on 5 days of the week	Move more and try to have fun. Walk, swim, bike, dance, work in the garden, ski, lift weights, climb the stairs, etc.

Keep a list of your medications

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