

## Standards of Care

<b>American Diabetes Association Standards of Care for Adults with Diabetes</b>			
Procedure	Frequency	Last result	Goal
Diabetes Visits	2 - 4 times per year		
A1c - %	2 - 4 times per year		< 7*
Blood pressure – mm/Hg	Each medical visit		< 140/90
Lipids goals – mg/dl	Annually		Total Cholesterol < 200 LDL < 100** TG < 150 HDL > 40 (men) HDL > 50 (women)
Dilated eye exam	Annually		No retinopathy
Urine microalbumin – mg/g Cr	Annually		< 30
Foot exam	Daily self inspection Annual medical exam		No foot ulcers
Influenza vaccine	Annually		No infection
Pneumococcal vaccine	Once***		No infection
Aspirin therapy			
No smoking or tobacco use			

\* < 6.5 or <8 may be appropriate for some. Discuss with your Provider.

\*\* . Less than 70 mg/dl may be a goal in those with heart disease.

\*\*\* A second dose is recommended for you if you are age 65 and older AND you got your 1<sup>st</sup> dose 5 or more years ago < means less than; > means greater than

Blood Glucose Goal: Before meals \_\_\_\_\_ 2 hours after meals \_\_\_\_\_ Bedtime \_\_\_\_\_

If you take insulin or are on a medicine that can make your blood sugar go too low –

Always carry quick-acting sugar such as glucose tablets or fruit juice.

Tips and Hints:

Check your feet daily for any open areas or signs of infection.

Don't smoke or use tobacco and stay away from second-hand smoke. If you currently smoke, talk to you provider about smoking cessation resources.

Brush and floss your teeth twice daily. Have a dental checkup at least every 6 months.

Always wear medical alert information.