

Know your numbers — Track them on your wallet card

		Frequency	Description/Comments
<b>OFFICE VISITS</b>	<b>Blood pressure</b>	Every visit	Aim for 130/80 or less
	<b>Dilated eye exam</b>	Every 12-24 months	By an eye care professional
	<b>Dental exam</b>	Every 6 months	Examine teeth and gums
	<b>Brief foot exam</b>	Every visit	Remove shoes and socks
	<b>Monofilament foot exam</b>	Every 12 months	If at high risk may need a podiatrist
	<b>Flu vaccine</b>	Every autumn	
	<b>Pneumonia vaccine</b>	At time of diabetes diagnosis	Ask medical provider; may need repeat vaccination after age 65
<b>LABS</b>	<b>A1C test for blood sugar</b>	Every 3-6 months	Goal – less than 7
	<b>Cholesterol (Fasting lipid test)</b>	Every 12 months	LDL (bad) cholesterol – goal is less than 100; for HDL (good) cholesterol – greater than 40 for men, greater than 50 for women; for triglycerides – less than 150.
	<b>Kidney function: eGFR using blood creatinine</b>  eGFR = estimated glomerular filtration rate	Every 12 months if eGFR is greater than 60  Every 3-12 months or as needed if eGFR is less than 60	Consider a consultation with a kidney specialist: <ul style="list-style-type: none"> <li>▪ if eGFR less than 45 ml/min,</li> <li>▪ if blood pressure is difficult to control, or</li> <li>▪ if urine albumin to creatinine ratio is greater than 1000 mcg/mg.</li> </ul>
	<b>Kidney test: Urine ACR</b>  ACR = albumin to creatinine ratio	Every 12 months if at goal; every 3-6 months if not.	Goal – less than 30 or as low as possible with blood pressure controlled and using “ACE” inhibitors and/or “ARB” medication.
<b>SELF-MANAGEMENT</b>	<b>Personal goals &amp; action plans (talk with providers)</b>	Every visit	See diabetes educators. Attend self-management programs as advised.
	<b>Blood sugar checks</b>	As advised	Aim to reach personal goals.
	<b>Healthy food choices &amp; body weight management</b>	As advised	Eat whole grains, vegetables, fruits. Eat less saturated fat, fatty meats and pastries. Learn to count and control carbohydrates. Consult a dietitian.
	<b>Physical activity/exercise for fitness and stress management</b>	150 minutes/week or 30 minutes/day moderate intensity & 2 days muscle strengthening. Take time to relax.	Spread activity out during the day & have fun. Walk, swim, bike, dance, work in the garden, ski, lift weights, climb the stairs, walk in mall, etc. Relaxation with help from audio tapes, support groups, friends.
	<b>Include peer support</b>		

**Keep a list of your medications**