Diabetes, Standards of Care

Diabetes is complicated. You may find that your diabetes team includes a dietitian, nurse, diabetes educator and eye doctor, just to name a few. To help everyone know what is going on and help you get the care you deserve, a schedule of care or *Standards Of Care For People With Diabetes* was developed to help keep you on track.

Test/Exams/Vaccines	Frequency
A1c	2-4 times per year, depending on blood glucose control. The goal is less than 7.0%
Aspirin	Daily if prescribed by caregiver
Blood pressure	Done each medical visit. The goal is less than 130/80 mm/Hg
Dental exam	At least 2 times per year
Dilated eye exam (*retinal exam*)	Every year
Visual foot exam to check for cuts, injuries, or other problems.	Once a year
Kidney function test (*urine microalbumin*). The first test at the time of diagnosis if type 2. The first test 5 years after diagnosis if type 1.	Once a year
Lipid Profile (Cholesterol, HDL, LDL, Triglycerides). ➢ The goal for LDL is less than 100 mg/dl. If at high risk, the goal is less than 70 mg/dl. ➢ The goal for HDL is higher than 40 mg/dl for men and higher than 50 mg/dl for women. ➢ The goal for triglycerides is less than 150 mg/dl.	Once a year
Vaccines ➢ Flu ➢ Pneumonia	Yearly for the flu Once in a lifetime for pneumonia, or as recommended by caregiver. Usually after age 65
Diabetes Education	When diagnosed and ongoing as needed
Treatment plan reviewed	At every medical visit

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