

American Diabetes Association

Numbers at a Glance for Adults with Diabetes

What to you do for your diabetes?

Every day:

- Check weight and blood pressure
- Be physically activity
- Eat healthy
- Check blood glucose
- Check feet
- Quit smoking

2-4 times a year:

- Hemoglobin A_{1c}
- Dental exam

Annually:

- Fasting lipid profile (Total Cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides)
- Serum creatinine
- Glomerular Filtration Rate (GFR)
- Urinalysis for microalbumin
- Dilated eye exam
- Flu vaccination
- Foot exam (low risk foot)

Once a lifetime:

- Pneumonia vaccination*

* May need additional booster if vaccine first received more than 5 years ago and before age 65.

Blood Glucose Goals

Hemoglobin A_{1c} (A_{1c})

Goal < 7% (based on a normal of 4-6%)

Self Monitoring Blood Glucose (SMBG)*

**Adjust goals upward if severe or unrecognized hypoglycemia is a problem.*

	Plasma (mg/dl)
Pre-meal	70-130
1- 2 hours postmeal	< 180

Lipid Level Goals

	Goal (mg/dl)
LDL-Cholesterol	Less than 100
HDL-Cholesterol	Greater than 40 (men) Greater than 50 (women)
Triglycerides	Less than 150

Blood Pressure Goals

Goal: <130 / < 80 mmHg

Take action if any of the above goals are not met.

U.P. Diabetes Outreach Network
Strengthening Diabetes Care & Prevention in Upper Michigan
since 1985
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