

# Keep tabs on your diabetes with these important screenings

Take this tracker to your next doctor's appointment and fill it in together. Be sure to ask any questions you have about your care. These recommendations are based on the *Standards of Medical Care in Diabetes - 2016* from the American Diabetes Association.

Your care checklist					
HOW OFTEN	SCREENING, EXAM OR VACCINE	GOALS*	GOAL SET WITH YOUR DOCTOR†	WHY YOU NEED IT	DATE(S)/✓
Daily	Blood sugar monitoring	Pre-meal: 70-130mg/dl After meal (1-2 hours): less than 180 mg/dl		Tells when blood sugar levels are too high or low.	Track this daily
	Cholesterol medicine	Statin taken daily if prescribed by your provider		Diabetes puts you at an increased risk for high cholesterol. Cholesterol-lowering medicine, or statin, can help you avoid or delay heart disease.	Take daily (if prescribed)
Every doctor visit	Blood pressure	Less than or equal to 140/90 mm/Hg		Keep this under control to help avoid complications such as heart failure, stroke, kidney and eye disease.	
	Body mass index (BMI)	Less than 25		Losing weight can lower your blood sugar, blood pressure and cholesterol. It may also allow you to cut back on medication.	
Once every 3-6 months	Hemoglobin A1C (HBA1C)	Less than 7%		Gives you an idea of your average blood sugar control for the past 2-3 months.	
	Dental exam	Healthy teeth and gums, free of disease		Gum disease can make diabetes harder to control and high blood sugar can make gum disease worse.	
At least once a year	Complete foot exam	Feet free from cuts/wounds/ infections		Diabetes can cause many different foot problems, which can lead to serious complications.	
	Urine test for protein	No protein		Checks for early signs of damage to the kidneys.	
	Lipid profile	Varies based on the individual		Measures levels of good and bad cholesterol and triglycerides, important for early detection of heart disease.	
	Flu vaccine	Get it done in early fall		The flu is more dangerous for people with diabetes.	
Every 1-2 years	Eye exam	No diabetic retinopathy present		Diabetes can damage blood vessels in the eyes, called diabetic retinopathy. People with retinopathy need to see the eye doctor more often.	
Usually once per lifetime	Pneumonia vaccine			Pneumonia is more dangerous for people with diabetes.	

\*Your target goals may be different based on your medical history.

†Discuss your personal goals with your doctor and add them here.