

## Routine Care to Stay Healthy with Diabetes

Having diabetes means you can expect a team to help you manage your condition. That team might include a provider, health aide, pharmacist, dietitian, nurse, family member, and others, but the most **important** person on your diabetes team is **YOU!** It is important to have an active role in your diabetes care. The standards of care are a list of screens and tests, which are important for every single person with diabetes. When your standards of care are being met, you know that you are getting quality diabetes care to help you successfully manage your diabetes. Understanding the standards of care for a person with diabetes will help you know the type of care to expect from your diabetes team.

Talk with your provider to make sure these screens are being done. If you have screens that are due, or some of your test results aren't at goal, follow up with your provider. If you have questions, write them down to take with you to your next clinic appointment.

## These should be checked every clinic visit:

<b>Blood pressure</b>	The goal for blood pressure for most people with diabetes is less than 140/90. Some people may have a blood pressure goal of 130/80.
<b>Current weight and BMI</b>	BMI stands for body mass index. It considers your weight compared to your height.
<b>Finger stick blood sugar</b>	For most people home blood sugar goals of control are: 80-130 fasting and less than 180 two hours after eating
<b>Foot check</b>	Taking your shoes and socks off can remind your provider to look at your feet. Talk to your provider about how you can take good care of your feet.
<b>Diabetes education</b>	Diabetes education can provide you with some of the support and skills you need to help you manage your diabetes. Bringing your questions to clinic with you can help you get the education you need to meet your goals.
<b>Review home glucose monitoring results</b>	Home blood glucose monitoring results can help you and your provider make decisions about your diabetes plan.

## This should be checked at least twice a year:

<b>Hemoglobin A1C (A1c)</b>	<p>The A1C is your average blood sugar over the past 3 months.</p> <p>Your A1C goal is specific to you. Many things factor into your A1C goal, such as your age and how long you've had diabetes. <b>For most people the A1C goal is less than 7%.</b> For others an A1C goal of 6.5% is more appropriate. For others the goal might be <b>8%</b>. An A1C at goal means your blood sugars are in the healthy range most of the time and you have a lower risk of developing complications.</p> <p><b>If your A1C is higher than goal, it should be tested every 3 months. If your A1C has been at goal for some time, your provider may suggest it be done every 6 months.</b></p>
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## At least once a year you should have:

<b>Teeth, gums and mouth exam</b>	A dental exam is important to make sure you have healthy teeth and gums. If you have dentures, you will still need your gums checked.
<b>Dilated eye exam</b>	A dilated eye exam is needed to check the general health of your eyes and blood vessels, even if there are no changes in vision.
<b>Complete foot exam</b>	A complete foot exam includes checking feet for problems, pulses, and feeling using a monofilament. A monofilament is a small tool that looks like a piece of fishing line attached to a small handle.
<b>Urine albumin test</b>	This is a test that looks for very small proteins that may be leaking into the urine. If albumin is leaking into the urine, it is an early sign that the kidney is being stressed and showing damage.
<b>A blood test that includes liver function</b>	This test checks the health of the liver.
<b>A blood test that includes blood urea nitrogen (BUN) and creatinine</b>	This blood test, along with the urine albumin test, checks the health of your kidneys.
<b>Lipid blood test</b> Total cholesterol should be less than 200. HDL “GOOD” cholesterol should be greater than 50. LDL “BAD” cholesterol may be less than 100 for some people. For others it may be less than 70. Triglycerides = less than 150.	Your lipid levels are one way to look at the health of your heart and arteries.
<b>Flu shot</b>	Diabetes decreases your body’s immune system’s ability to fight infection. A person with diabetes is more likely to be hospitalized and even die as a result of having the flu.
<b>Medical Nutrition Therapy (MNT)</b>	MNT can provide you with an individualized plan for making food choices as part of an overall diabetes treatment. A registered dietitian can help you with this plan. Your plan will be tailored to your medication routine, your lifestyle, your food preferences and the food available to you where you live. You should be able to meet with a registered dietitian at least once a year, but you may prefer more regular follow-up.
<b>Emotional well-being assessment</b>	Also known as a depression screen, an assessment of well-being, is an important part of diabetes care. Managing diabetes means making several choices each day that affect your condition. It is difficult to make healthy choices if you don’t feel emotionally well. Your emotional health should be screened at least once a year. However, you may feel you need to talk to your provider about your wellness more often.

## Other Important Screens or medications

<b>Statin</b>	A <b>statin</b> is a type of cholesterol-lowering medication recommended for many people with diabetes, even if their blood cholesterol blood tests are at goal. This is because statins have been shown to decrease a person’s risk of heart attack or stroke.
<b>Aspirin therapy</b>	May be recommended for you if you are at high risk for heart attack or stroke. Ask your provider if you should be taking aspirin.
<b>EKG</b>	An EKG is a test that looks at the health of your heart. It should be done soon after you are diagnosed with diabetes and then every 5 years.
<b>Other immunizations:</b> <b>Pneumonia shot (Pneumovax) at least once, and again after you turn 65.</b> <b>Tetanus every 10 years.</b> <b>Tuberculosis (TB) skin test (PPD).</b> If you are a converter, you are more likely to get TB than someone who doesn’t have diabetes. <b>Hepatitis B</b> should be given to adults aged 19-59, and some adults aged 60 and older. <b>Shingles vaccine (Zostavax) is for adults over age 60.</b>	
<b>Colon cancer screening</b>	It is important for <b>everyone</b> starting at age 50 to be screened for colon cancer. If you have a family history of colon cancer you may need to be screened earlier.
<b>For women, once a year it is important to have:</b> <b>Pap smear/Prostate specific antigen</b> <b>Clinical breast exam</b> <b>Mammogram</b>	<b>Pap smear</b> <b>PSA:</b> Talk to your provider about whether this screen is right for you. <b>Clinical breast exam:</b> All women should have a clinical breast exam every year. <b>Mammogram:</b> It is recommended for women starting at age 40, or earlier in some cases.

## More Information

For more information or if you have questions, contact:

**Diabetes Educator:** \_\_\_\_\_

**Phone:** \_\_\_\_\_



**Diabetes Program**  
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