

Diabetes Care Recommendations

Monitoring

1. Hemoglobin A1C should be checked every 3 to 6 months - The goal is to be below 7.0 which would mean the average blood sugar would be approximately 130. The goal for fasting blood sugars is 110-130
2. An annual eye exam with an eye specialist - This screens for damage from diabetes to the eye.
3. The urine for Microalbumin should be checked at least annually - This screens for damage to the kidneys from diabetes.
4. The blood pressure should be checked each visit - The goal is 130/80 and below.
5. The cholesterol should be checked at least annually - The goal is to have a bad cholesterol of less than 100, a good cholesterol of more than 45 and triglycerides less than 150. The cholesterol will be checked more frequently if on medication.
6. The doctor should check the feet at least annually - This screens for damage to the nerves of the feet from diabetes.

Lifestyle Recommendations

1. Diabetics should not smoke and make every effort to quit if smoking - Diabetes and smoking are risk factors for heart disease.
2. Diabetics should exercise 30 to 60 minutes a day, every day

Medications

1. Diabetics should take a baby aspirin a day - This helps prevent vascular disease.
2. You should take your medication as prescribed every day. See medication list.

Dietary

1. Diabetics need to eat 3 meals a day and a bedtime snack. The food needs to be a balanced mixture of fresh fruits, vegetables, lean meats and grains and low in concentrated sweets. See handout on Diabetes and Nutrition.