

## Bring This to Your Next Doctor's Appointment

Use these tear-out checklists to remember health targets and remind you and your doctor of these important preventive checkpoints.

### Once-a-Year Checklist

Plan to have these lab tests or exam checks on an annual basis.

✓	NAME OF TEST/CHECK	TARGET RESULTS*	NOTES AND REMINDERS
<input type="checkbox"/>	<b>Blood lipids profile</b>	<b>LDL:</b> <100 mg/dl <b>HDL:</b> men >40 mg/dl women >50 mg/dl <b>Triglycerides:</b> <150 mg/dl	<ul style="list-style-type: none"> <li>› Have this blood test more often if you start or change medicine to improve your blood lipids.</li> <li>› To improve your numbers, reduce consumption of saturated and trans fats, lose weight (if needed), and increase physical activity.</li> <li>› If you have heart disease and are older than 40, American Diabetes Association standards recommend you take a statin medication.</li> </ul>
<input type="checkbox"/>	<b>Microalbuminuria</b> <i>(measure serum creatinine at least every year; check kidney function through the amount of protein or albumin in urine)</i>	<30 ug/mg	<ul style="list-style-type: none"> <li>› A urine sample is needed for this test.</li> <li>› If more than 30 ug/mg of protein is present (30–299 ug/mg is considered a small amount; &gt;300 ug/mg is a large amount), ADA standards recommend taking an ACE inhibitor or ARB to help protect kidney function.</li> </ul>
<input type="checkbox"/>	<b>Comprehensive eye exam with dilation of the retinas</b>	Healthy eyes	<ul style="list-style-type: none"> <li>› Follow up with an ophthalmologist or optometrist immediately if any problems are detected in the exam.</li> </ul>
<input type="checkbox"/>	<b>Check nerve function in feet and legs</b> <i>(check for signs and symptoms of other nerve problems, such as erectile dysfunction in men and problems with digesting food or tolerating exercise due to rapid heart rate or difficulty maintaining blood pressure.)</i>	Healthy sensation and circulation	<ul style="list-style-type: none"> <li>› Remove shoes and socks. Your care provider may test for temperature and/or use a tool or monofilament to check pinprick or vibration sensations. Using two methods is preferred for spotting problems.</li> <li>› Make sure your care provider checks for these problems during your exam.</li> </ul>
<input type="checkbox"/>	<b>Diabetes self-management education and medical nutrition therapy</b>	Feel confident and informed about diabetes care and management.	<ul style="list-style-type: none"> <li>› Request a referral from your health care provider to both types of sessions after initial diagnosis, following up at least annually; many health plans now cover these services.</li> </ul>
<input type="checkbox"/>	<b>Flu vaccine</b>	Protection against influenza	<ul style="list-style-type: none"> <li>› Arrange for an injection or nasal vaccination each fall.</li> </ul>
<input type="checkbox"/>	<b>Pneumococcal vaccine</b>	Protection against pneumonia; at least one shot in your lifetime	<ul style="list-style-type: none"> <li>› For those 64 and older: If you were vaccinated before age 65 and it was more than 5 years ago, you may need a repeat vaccination.</li> </ul>

\*Recommendations are in accordance with the American Diabetes Association's Standards of Medical Care in Diabetes 2011; view at [care.diabetesjournals.org/content/34/Supplement\\_1/S11.full.pdf+html](http://care.diabetesjournals.org/content/34/Supplement_1/S11.full.pdf+html). Your doctor may advise different targets for you. »

## 3-6 Month Checklist

Make sure your doctor is ordering these tests for you and each quarterly or semiannual office visit.

✓	NAME OF TEST	TARGET RESULTS*	NOTES AND REMINDERS
<input type="checkbox"/>	<b>Review blood glucose monitoring records</b>	<b>Fasting and before meals:</b> 70–130 mg/dl <b>After meals:</b> <180 mg/dl	<ul style="list-style-type: none"> <li>Bring your written records or printouts with notes, observations, and questions.</li> <li>Ask what your targets should be and how you can get there.</li> <li>Know what to do if your numbers are too high or too low.</li> <li>For accurate readings, make sure you know how to use your meter and keep it in good working order.</li> </ul>
<input type="checkbox"/>	<b>A1C (average blood glucose level over 2–3 months)</b>	<7 percent	<ul style="list-style-type: none"> <li>Get an A1C quarterly if you have changed your treatment or aren't meeting your A1C goal. If you're meeting your goal and not changing medicines, twice a year is enough. This test can be performed with a finger stick in your care provider's office or in a lab. Home A1C tests aren't recommended.</li> <li>Your care provider may advise you to aim lower or higher.</li> </ul>
<input type="checkbox"/>	<b>Blood pressure</b>	<130/80 mmHg	<ul style="list-style-type: none"> <li>If your blood pressure is higher than 130/80 mmHg, your care provider may recommend medication in addition to weight control, exercise, and reducing sodium intake.</li> <li>If you are already on medication and still have uncontrolled blood pressure, ask about a change in or additional medicine.</li> </ul>
<input type="checkbox"/>	<b>Dental care</b>	Cleaning and exam twice a year	<ul style="list-style-type: none"> <li>Be sure to tell your dentist you have diabetes.</li> <li>Treat any gum or tooth problems as soon as they are identified.</li> </ul>
<input type="checkbox"/>	<b>Weight</b>	Appropriate body mass index (BMI) for your gender and height	<ul style="list-style-type: none"> <li>Even a modest loss of 5–10 percent of your body weight can improve diabetes control.</li> <li>For help in losing weight, request a referral to a registered dietitian or certified diabetes educator.</li> </ul>
<input type="checkbox"/>	<b>Physical activity</b>	Accumulate at least 150 minutes per week of moderate-intensity aerobic activity; if able, do resistance training 3 times per week	<ul style="list-style-type: none"> <li>Develop a regular activity plan that is safe and attainable for you.</li> </ul>
<input type="checkbox"/>	<b>Foot exam</b>	Healthy feet without wounds or fungus	<ul style="list-style-type: none"> <li>Remove your shoes and socks, and be ready for inspection.</li> <li>Point out any problems to your provider.</li> </ul>
<input type="checkbox"/>	<b>Daily aspirin use</b>	75–162 mg/day	<ul style="list-style-type: none"> <li>If you don't currently take aspirin, ask whether you should.</li> </ul>
<input type="checkbox"/>	<b>Cigarette use</b>	No smoking	<ul style="list-style-type: none"> <li>If you smoke, discuss ways to get help quitting.</li> </ul>

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