

The ABCs of Diabetes: Your Report Card

Your doctor: MD

000-00-00

Information as of
7/25/2007

	<u>How often</u>	<u>Goal</u>	<u>Your Level</u>
A 1c measures blood sugar control <i>Lowering A1c reduces diabetes complications</i>	Every 3-6 months	< 7	
B lood pressure control <i>Lowering blood pressure reduces stroke and kidney damage</i>	Every visit	< 130/80	
C holesterol level (LDL) <i>Lowering cholesterol reduces heart attacks</i>	Every year	< 100	
D iabetes kidney urine test <i>Treating early kidney damage may prevent dialysis</i>	Every year	< 30	
E ye exam <i>Detecting early eye disease may prevent blindness</i>	Every year		
F oot exam <i>Checking feet prevents foot infections and amputations</i>	Every year		
G oals for self-management <i>Helps you control your diabetes</i>	Every visit		
H ome glucose testing <i>Gives you and your doctor information about your blood sugar</i>			
I mmunizations			
Influenza (flu shot) <i>Reduces risk of the flu</i>	Every year		
Pneumonia <i>Reduces risk for pneumonia</i>	Once or twice		
M edicines			
ACE inhibitor <i>Reduces blood pressure and protects kidneys</i>			
Aspirin <i>Reduces risk of heart attack</i>			
Statin <i>Reduces risk of heart attack</i>			