

AMERICAN DIABETES ASSOCIATION STANDARDS OF CARE

American Diabetes Association Standards of Care for Adults with Diabetes			
Procedure	Frequency	Last result	Goal
A1c - %	2-4 times per year		< 7 or < 6 if no risk of lows
Blood pressure – mm/Hg	Each medical visit		< 130/80
Lipids goals – mg/dl	Annually		Total Cholesterol < 200 LDL < 100* TG < 150 HDL > 40 (men) HDL > 50 (women)
Dilated eye exam	Annually		No retinopathy
Urine microalbumin – mg/g Cr	Annually		< 30
Foot exam	Daily self inspection Annual medical exam		No foot ulcers
Influenza vaccine	Annually		No infection
Pneumococcal vaccine	Once**		No infection
Aspirin therapy			
No smoking or tobacco use			

* Less than 70 mg/dl may be a goal in those with heart disease.

** A second dose is recommended for you if you are age 65 and older AND you got your 1st dose 5 or more years ago.

< means less than; > means greater than

Tips and Hints:

Check your feet daily for any open areas or signs of infection.

Don't smoke or use tobacco and stay away from second-hand smoke. If you currently smoke, talk to you provider about smoking cessation resources.

Brush and floss your teeth twice daily. Have a dental checkup at least every 6 months.

Always wear medical alert information.

Always carry quick-acting sugar such as glucose tablets or fruit juice.

Know Your Blood Glucose Goal:

Before meals _____ 2 hours after meals _____ Bedtime _____