### Diabetes Care: The ABCs to Better Health for Children

<table>
<thead>
<tr>
<th>ABC</th>
<th>How often</th>
<th>Ideal level</th>
<th>Your result</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1c</strong></td>
<td>Every 3 months</td>
<td>Varies with age</td>
<td></td>
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<tr>
<td><strong>Blood pressure control</strong></td>
<td>Every visit</td>
<td>Varies with age</td>
<td></td>
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<tr>
<td><strong>Cholesterol (LDL) level</strong></td>
<td>ab <em>normal:</em> every 5 years; ab <em>abnormal:</em> yearly</td>
<td>Less than 100 mg/dL</td>
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<tr>
<td><strong>Diabetes kidney microalbumin test</strong></td>
<td>Start within 5 years of diagnosis; yearly after 10 years of age</td>
<td>Less than 30 mg/gm</td>
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<tr>
<td><strong>Eye exam</strong></td>
<td>Yearly once child is 10 years and has had diabetes for 3 years</td>
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<tr>
<td><strong>Foot exam</strong></td>
<td>Yearly starting at 14 years of age</td>
<td></td>
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<tr>
<td><strong>Goal for self-management</strong></td>
<td>Every visit</td>
<td></td>
<td></td>
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<tr>
<td><strong>Home glucose testing</strong></td>
<td>At least 4 times a day (before each meal and at bedtime)</td>
<td></td>
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<tr>
<td><strong>Influenza (flu) vaccine</strong></td>
<td>Every year</td>
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<td></td>
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<tr>
<td><strong>Just ask for more information about:</strong></td>
<td>Varies</td>
<td></td>
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<tr>
<td><strong>Keep appointments</strong></td>
<td>Four times a year</td>
<td></td>
<td></td>
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<tr>
<td><strong>Lab work</strong></td>
<td>Once</td>
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</tbody>
</table>

- **A1c** measures blood sugar control
  - Lowering your A1c reduces diabetes complications

- **Blood pressure control**
  - Keeping your blood pressure controlled reduces diabetes complications

- **Cholesterol (LDL) level**
  - Measuring your LDL is important for your heart

- **Diabetes kidney microalbumin test**
  - Screening may help prevent kidney disease

- **Eye exam**
  - Regular screening may prevent eye problems

- **Foot exam**
  - Observe the feet
  - Check pulses
  - Test sensation
  - Helps prevent serious foot infections

- **Goal for self-management**
  - My goal:
    - Choosing your own goal will help you succeed

- **Home glucose testing**
  - Ask your doctor if this is right for you

- **Influenza (flu) vaccine**
  - Helps keep you healthy

- **Just ask for more information about:**
  - Diabetes education classes
  - Counseling about foods to eat
  - Eating the right foods helps control your diabetes

- **Keep appointments**
  - Seeing your doctor regularly can keep you healthy

- **Lab work**
  - Thyroid screening
  - Celiac screening (antiendomysial antibody, IgA levels)
  - Checking these tests is important for your health