






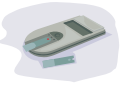






Diabetes Care: The ABCs to Better Health for Children

		How often	Ideal level	Your result
	A 1c measures blood sugar control <i>Lowering your A1c reduces diabetes complications</i>	Every 3 months	Varies with age	
	B lood pressure control <i>Keeping your blood pressure controlled reduces diabetes complications</i>	Every visit	Varies with age	
	C holesterol (LDL) level <i>Measuring your LDL is important for your heart</i>	abnormal: yearly normal: every 5 years	Less than 100 mg/dL	
	D iabetes kidney microalbumin test <i>Screening may help prevent kidney disease</i>	Start within 5 years of diagnosis; yearly after 10 years of age	Less than 30 mg/gm	
	E ye exam <i>Regular screening may prevent eye problems</i>	Yearly once child is 10 years and has had diabetes for 3 years		
	F oot exam <input checked="" type="checkbox"/> Observe the feet <input checked="" type="checkbox"/> Check pulses <input checked="" type="checkbox"/> Test sensation <i>Helps prevent serious foot infections</i>	Yearly starting at 14 years of age		
	G oal for self-management <input checked="" type="checkbox"/> My goal: _____ <i>Choosing your own goal will help you succeed</i>	Every visit		
	H ome glucose testing <i>Ask your doctor if this is right for you</i>	At least 4 times a day (before each meal and at bedtime)		
	I nfluenza (flu) vaccine <i>Helps keep you healthy</i>	Every year		
	J ust ask for more information about: <input checked="" type="checkbox"/> Diabetes education classes <input checked="" type="checkbox"/> Counseling about foods to eat <i>Eating the right foods helps control your diabetes</i>	Varies		
	K eep appointments <i>Seeing your doctor regularly can keep you healthy</i>	Four times a year		
	L ab work <input checked="" type="checkbox"/> Thyroid screening <input checked="" type="checkbox"/> Celiac screening (antiendomysial antibody, IgA levels) <i>Checking these tests is important for your health</i>	Once		