

# Diabetes care: The ABCs to better health

		How often	Ideal level	Your result
	<b>A</b> 1c measures blood sugar control <i>Lowering your A1c reduces diabetes complications</i>	Every 3-6 months	less than 7%	
	<b>B</b> lood pressure control <i>Lowering your blood pressure reduces strokes</i>	Every visit	less than 135/80	
	<b>C</b> holesterol (LDL) level <i>Lowering your LDL level reduces heart attacks</i>	Every year	less than 100 mg/dl	
	<b>D</b> iabetes kidney microalbumin test <i>Treating early kidney damage may prevent dialysis</i>	Every year	less than 30 mg/gm	
	<b>E</b> ye exam: if your last eye exam was abnormal if your last eye exam was normal <i>Detecting early eye damage may prevent blindness</i>	Every year Every 2 years		
	<b>F</b> 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 and amputations</i>	Every year		
	<b>G</b> oals for self-management <input checked="" type="checkbox"/> My goal: _____ <i>Helps you better control your diabetes</i>	Every visit		
	<b>H</b> ome glucose testing <i>Ask your doctor if this is right for you</i>	Varies		
	<b>I</b> mmunizations and Heart Medications <input checked="" type="checkbox"/> Influenza ( <i>Flu vaccine</i> ) <input checked="" type="checkbox"/> Pneumonia ( <i>Pneumovax</i> ) <input checked="" type="checkbox"/> Statins and Aspirin - <i>reduce heart attacks</i> <i>Immunizations help prevent serious infections</i>	Every year At least once Daily if needed		
	<b>J</b> ust ask for a referral to <input checked="" type="checkbox"/> Diabetes Education Classes <input checked="" type="checkbox"/> Nutrition Counseling <input checked="" type="checkbox"/> Weight Management Programs <input checked="" type="checkbox"/> Smoking Cessation Programs	Varies		