


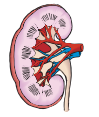



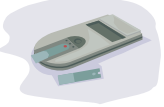





# Diabetes Care: The ABCs to Better Health

		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> oal for self-management <input checked="" type="checkbox"/> My goal: _____ <i>Choosing your own goal will help you succeed</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 (flu vaccine) <input checked="" type="checkbox"/> Pneumonia (Pnemovax) <input checked="" type="checkbox"/> Statins and aspirin <i>Immunization helps prevent serious infections and heart medications reduce heart attacks</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"/> Nutritional counseling <input checked="" type="checkbox"/> Weight management program <input checked="" type="checkbox"/> Smoking cessation program	Varies		
	<b>K</b> ids in your future? <input checked="" type="checkbox"/> Folic acid supplement <i>Controlling your blood sugar reduces risks to your baby</i>	Daily		