

# Standards of Care

What	When	Why
<b>Lab Tests</b>		
A-1-C <6.5%	Every 3 Months	To check your average blood sugar level for the past 2-3 months and diabetes complication risk.
Fasting Lipid Panel: <ul style="list-style-type: none"> <li>• Total Cholesterol &lt;200 mg/dL</li> <li>• LDL “bad” Cholesterol &lt;70 mg/dL (♥ disease) / &lt;100 mg/dL</li> <li>• HDL “good” Cholesterol ≥ 40 mg/dL men / ≥ 50 mg/dL women</li> <li>• Triglycerides &lt;150 mg/dL</li> </ul>	Yearly	A high level of cholesterol and/or triglycerides in the blood is a major risk factor for developing heart disease.
Microalbumin <30 mg/dL	Yearly	To check for early kidney disease.
Urine Protein <i>negative</i>	Yearly	To check for kidney disease.
Serum Creatinine .5-1.20 mg/dL	Yearly	To check how your kidneys are filtering.
TSH .4-5.0	Yearly	To see if your thyroid is under or over active.
<b>Exams/Assessments</b>		
Dilated Eye Exam	Yearly	To screen for retinopathy and glaucoma.
EKG	Yearly	Diabetes increases your chance of heart disease.
Dental Exam	Every 6 Months	To check for gum problems.
Depression Screen	Yearly	Depression is common in diabetes.
Foot Check	Visual Foot Check - Every Visit Complete Foot Exam – Yearly	To look for signs of injury, infection, or other foot problems in order to prevent amputations.
Diabetes Visit	Every 3-6 Months	To make sure your blood sugar is controlled.
Complete Physical Exam	Yearly	Preventive health care to keep you healthy.
Blood Pressure <130/80 mmHg	Check Each Visit	Measures how well your heart is pumping. High blood pressure should be treated and controlled.
Mammogram	Women at age 40 then as directed	To screen for breast cancer.
Colonoscopy	Age 50 then as directed	For diagnosis of changes in bowel habits and to screen for cancer.
Urologic & Sexual Health	Discuss Each Visit	Sexual problems, urinary tract infections and bladder problems are more common in diabetes.
Tobacco Use	Discuss Each Visit	Quitting smoking lowers your risk of complications.
<b>Shots</b>		
Flu Shot	Every Fall	People with diabetes are more likely to get the flu and may need hospitalization.
Pneumonia Vaccine	Once before age 65, then as recommended.	Pneumonia is more serious if you have diabetes.
<b>Education</b>		
Physical Activity Level	Discuss Each Visit	Regular physical activity helps control diabetes.
Diabetes Education	At diagnosis, every 6-12 months or as needed.	To help you self-manage your diabetes.
Registered Dietitian	At diagnosis, then annually or as needed	Learning how to make healthy food choices helps blood sugar control, weight, blood pressure and cholesterol.
Home Blood Sugar Testing	Review Each Visit	To determine if your treatment needs to be changed.

