

Diabetes

Recommendations:

1. Blood Pressure – less than 130/80 mm Hg. Using angiotensin converting enzyme inhibitors or angiotensin receptor blockers are recommended for blood pressure control.
2. Blood Sugars – Fasting - 80-120 mg/dl; 2 hours after a meal - less than 160 mg/dl; before bed - 100-140 mg/dl
3. HbA1C – less than 7.0%
4. Cholesterol: LDL less than 100 mg/dl (less than 70 mg/dl in those at high risk), HDL greater than 50 mg/dl, triglycerides less than 150 mg/dl
5. No protein in the urine
6. Annual eye exams
7. Pneumococcal vaccine, annual influenza vaccine
8. Regular physical activity
9. Diabetic education classes for all diabetics
10. Most diabetics should be on an aspirin every day unless there is a contraindication

Diabetes Tracking Form

1. In order to have an idea how your blood sugars are controlled it is important to have a record of your blood sugars at a variety of times.
2. It is not necessary to check the blood sugar seven times a day.
3. You should vary the time that you check blood sugars between before breakfast, lunch and dinner and two hours after each meal and before bed.
4. It is more important to check your blood sugars frequently (4 times a day) if you are having trouble controlling your blood sugars or are changing diabetes therapies.
5. If you have been stable in relation to your blood sugars and your HbA1C, than 1-2 times a day is very reasonable.
6. Talk to your health care provider about how frequently you should check your blood sugar.
7. Another good time to record your blood sugar is if you are feeling poorly. Sometimes you can detect very high or very low blood sugar.
8. Record any special circumstances around unusual blood sugar readings. Sometimes eating out can cause the blood sugar to rise very high. Other things important to record include eating an unusual meal, being sick (pneumonia, diarrhea, etc.) or drinking alcohol.
9. Talk to your health care provider about a plan for very high or very low blood sugar readings.

Diabetic Flow Sheet

Diabetes is a disease that can lead to many severe complications. It is important to have regular evaluations with your health care provider to assure you are reaching all of your health care goals. This form is to help track the many health issues that need to be monitored in the diabetic.

1. Record the date of the office visit in the top row
2. Diabetics should have a complete history and physical by their health care provider on an annual basis.
3. Document your weight and blood pressure at each visit.
4. Document your HbA1C, which is a measure of your blood sugar control over the last 2-3 months, in the next column. This should be checked two times a year in those well controlled and 4 times a year in those who do not have optimal control.
5. Document your cholesterol annually.
6. Document that you had a test for protein in your urine annually and the result.
7. You should have an electrocardiogram (EKG) at least once.
8. Document that you have had an annual dilated eye exam by an eye doctor.
9. Record blood readings of your kidney function. This is the serum creatinine and blood urea nitrogen (BUN).
10. The health care provider should evaluate your feet on each visit.
11. Diabetics should have a flu shot annually and a pneumococcal vaccine upon diagnosis and then after the age of 65 if more than five years from the initial vaccination. Record the date these are given.
12. Your blood sugars and diabetic medicines should be reviewed at each office visit.
13. Filling out this form will help assure preventative testing is up to date.

Diabetes Flow Sheet

Item/Date	Recommendation						
History/Physical	Annual						
Blood pressure	Every visit						
Weight	Every visit						
HbA1C	2-4 times/year						
LDL cholesterol	Annual						
HDL cholesterol	Annual						
Triglycerides	Annual						
Protein in urine	Annual						
EKG	At least once						
Eye exam	Annual						
Creatinine/BUN	Annual						
Foot evaluation	Each visit						
Pneumococcal Vaccine	See #11 above						
Influenza Vaccine	Annual						
Review blood sugars/medicines	Every visit						