

DIABETES SELF MANAGEMENT

GOALS

- Maintain optimal control to minimize complications
- Monitor for complications to identify them early and treat as indicated
- Remain a strong active member of the community

DEFINITIONS

- HgbA1c or glycohemoglobin – a measure of your blood sugar over the past 2-3 months
- Fasting glucose – a measure of your blood sugar before breakfast
- Postprandial blood sugar – a measure of your blood sugar 1-2 hours after a meal
- BP – your blood pressure
- Lipid panel – your TC (total cholesterol), HDL (good cholesterol), LDL (bad cholesterol), TG (triglycerides)
- Urine microalbumin – a protein in the urine that may be an early indication of kidney disease related to diabetes
- Diabetic retinopathy – a major complication of diabetes that can lead to blindness. It can be reduced by good control of the blood sugar and early detection and treatment by the eye doctor.
- Diabetic neuropathy – another complication of diabetes that can lead to infections and ulcers especially of the feet. Good blood sugar control and regular foot exams can help reduce these complications.

RECOMMENDATIONS

<u>Element</u>	<u>American Diabetic Association Targets</u>	<u>Frequency of Measure</u>
HgbA1c	<7.0	every 3 months
LDL	<100	every 6-12 months
HDL	men: >40; women >50	every 6-12 months
TG	<150	every 6-12 months
Microalbumin	<30	every 12 months
BP	<130/80	every visit
Eye exam		at least yearly
Foot exam		every visit

**IF YOU ARE NOT MEETING THESE RECOMMENDATIONS PLEASE CALL
OUR OFFICE FOR ASSISTANCE.**