

HealthyActions

Achieving Your Goals for Healthy Living



Diabetes Exam Guide and Checklist

People with diabetes are more likely to have foot problems. This is because diabetes can damage blood vessels and nerves. This damage makes it harder for people to know they have a foot injury or a sore, which may lead to a serious infection.² It is important to look at your feet and between your toes every day. Wear shoes that do not pinch or blister your feet.

A1C Test

Have an A1C test to sum up what your blood glucose level has been over the past three months.³

Here are some ideas of what you should do to take control of your diabetes.

See Your Doctor

When you have diabetes you should see your doctor at least twice a year.¹ Bring a record of your daily home blood sugar levels. Bring any questions you might have about your treatment plan.

At each visit to the doctor's office you should¹:

- Have your blood pressure checked
- Have your feet checked
- Have your weight checked
- Review your treatment plan with your doctor, nurse, or dietician

Blood Tests

Two times a year¹:

- You should have an A1C (A-one-C) test. Your doctor may check it more often if the result is too high
- Have a cholesterol (ko-LES-ter-ol) test
- Get your triglyceride (try-GLISS-er-ide) level tested

Staying Healthy

	Date	Result
Once a Year:		
Dental exam		
Dilated eye exam		
Complete foot exam		
Flu shot		
Kidney check		
At Least Once:		
Pneumonia shot		



Diabetes Exam Guide and Checklist

Use the Diabetes Care Checklist to keep track of tests you have had. Bring the checklist when you see your doctor or other members of your health care team.

Diabetes Care Checklist¹ (From National Diabetes Education Program)

Use this list to record your targets and the results of your tests.

A1C – At least twice each year.		Usual goal: below 7.	My target: _____
Date			
Result			
Blood Pressure – Each visit.		Usual goal: below 130/80.	My target: _____
Date			
Result			
Cholesterol (LDL) – Once a year.		Usual goal: below 100.	My target: _____
Date			
Result			
Cholesterol (HDL) – Once each year.		Usual goal: above 40.	My target: _____
Date			
Result			
Triglycerides – Once a year.		Usual goal: below 150.	My target: _____
Date			
Result			
Weight – Each visit.			My target: _____
Date			
Result			

References

1. National Diabetes Education Program. 4 Steps to Control Your Diabetes for Life. http://www.ndep.nih.gov/diabetes/pubs/4_Steps.pdf
2. MedlinePlus. Diabetes Foot Care. <http://www.nlm.nih.gov/medlineplus/print/ency/article/003937.htm>
3. National Diabetes Education Program. If you have diabetes...know your blood sugar numbers! http://www.ndep.nih.gov/diabetes/pubs/KnowNumbers_Eng.pdf

InnoviantSM
A Prescription Solutions Company

P.O. Box 8082
Wausau, WI 54402-8082
www.innoviant.com

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. Provided as an educational service by Schering-Plough Managed Markets.

Copyright © 2007, Schering Corporation, Kenilworth, NJ 07033. All rights reserved.

IWW0824 11/07