

Your diabetes-focused visit

It is important that certain visits with your healthcare team focus specifically on your diabetes.

WHAT TO EXPECT

- To be seen **four times a year** for diabetes care
- Review of recent **laboratory tests**
- Measurement of your **blood pressure**
- Examination of your **feet** at least once a year
- Referral to an **eye** care professional (usually once a year)
- Assessment of your **risk for heart attack and stroke**
- Conversation about **exercise, food choices, smoking, mood and sexual function**

HOW TO PREPARE

- Have **laboratory tests** done prior to your visit.
- Bring **blood glucose records** with you (written down or printed from meter).
- Bring a list of **all medications** including non-prescription drugs and let team know which need to be refilled.
- Write down any **questions** about your diabetes.
- Save any **non-urgent, non-diabetes questions** for another visit. This will ensure that your diabetes gets the full attention it deserves.

Are you heading in a healthy direction?

Keeping your blood pressure and certain other measurements **at target** will help you avoid diabetes complications such as heart attack, stroke, and damage to your eyes, nerves and kidneys.

BLOOD PRESSURE

Should be checked at each diabetes visit.

Target blood pressure: **DATE** _____ **MY BLOOD PRESSURE** _____
Less than 130/80

CHOLESTEROL

Cholesterol should be measured with a fasting blood test every 1 to 3 years, and after a change in cholesterol treatment.

Target LDL cholesterol: **DATE** _____ **MY LDL** _____
2.0 or less

A1C

This blood test measures your blood glucose control over three months. Most people with diabetes should have an A1C every three months.

Target A1C: **DATE** _____ **MY A1C** _____
7.0% or less

ACR

The ACR (albumin/creatinine ratio) is a urine test done once a year to look for kidney damage.

Target ACR: **DATE** _____ **MY ACR** _____
Less than 2.0 (males)
2.8 (females)

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