

✓ Checklist for Better Health Diabetes



A project of Better Health Greater Cleveland, the Robert Wood Johnson Foundation's *Aligning Forces for Quality* initiative and other funders.

Your doctor's visit

Ask about these tests, exams and health issues. Know your numbers.

| | What | Why | Recommended Outcome | Your Number |
|--------------------------|--|--|---|-------------|
| <input type="checkbox"/> | Hemoglobin A1c Test At least yearly | A1c is a blood test that measures how well your blood sugar is controlled over the past 2-3 months. It helps you and your doctor know how well your treatment plan is working. | Less than 8 , or what your doctor says is right for you. Generally lower is better. | |
| <input type="checkbox"/> | Blood Pressure Every visit | High blood pressure increases your risk of diabetes complications. | Less than 140/80 , or what your doctor says is right for you. Generally lower is better. | |
| <input type="checkbox"/> | Cholesterol Test At least yearly | Elevated LDL (or "bad") cholesterol increases the risk of heart and circulation problems in patients with diabetes. | Less than 100 if possible. "Statin" medicines may be very helpful. | |
| <input type="checkbox"/> | Kidney Management | Diabetes is the most common cause of kidney failure. Urine tests help your doctor know whether medication should be used to delay kidney problems. | Urine "microalbumin" should be less than 30 ; if it is higher, "ACE inhibitor" or "ARB" medicines will help you. | |
| <input type="checkbox"/> | Eye Exam Yearly | Diabetes is the most common cause of blindness in adults. Early detection and treatment of eye problems can reduce your risk. | Normal annual exam by an eye doctor, or treatment if eye problems are discovered. | |
| <input type="checkbox"/> | Foot Exam Every visit | Diabetes is the most common cause of foot and leg amputations in adults. Nerve damage may reduce your ability to detect foot pain from an ulcer or infection. | Healthy feet , or early detection of treatable ulcers or infections. | |
| <input type="checkbox"/> | Weight (Body Mass Index) Every visit | Obesity worsens blood sugar control; exercise and weight loss improve blood sugar control. | Body Mass Index (BMI) less than 30. Plan to exercise and lose weight! | |
| <input type="checkbox"/> | Smoking Status | Smoking cigarettes increases an already high risk for heart disease and circulation problems in patients with diabetes. Your doctor can help you quit. Ask him/her how! | Make a plan with your doctor to stop smoking. | |
| <input type="checkbox"/> | Pneumonia Vaccine Once | If your diabetes is not well controlled, you are at higher risk for infections. A vaccine against pneumonia can reduce your risk of lung infections. | Check with your doctor to find out if you have received the vaccine. If not, get one! | |