

DIA BETES BY KC

HEALTH · HAPPINESS · FUN

If you can measure it you can manage it. This is a cheatsheet to keep your quarterly checks all in one place

IMPORTANT BLOOD TESTS FOR DIABETICS		1	2	3	4
Blood sugars HBA1c	Date				
3months average blood test	Value				
HBA1c < 7.0%					
Target:					
Blood Pressure	Date				
sys < 130 / dia < 80	Value				
Target:					
Weight	Date				
Target:	Value				
Thorough Foot Exam	Date				
Microalbuminaria	Date				
Urine kidney test (once a year)	Value				
<30mg					
Target:					
Creatinine	Date				
Blood kidney test (once a year)	Value				
Target:					
Dilated Eye Exam (once a year)	Date				

BLOOD TESTS TO MEASURE FATS IMPORTANT TO HEART DISEASE		1	2	3	4
Cholesterol	Date				
(every 1-2 yrs based on risk)	Value				
Target:					
Triglycerides	Date				
(every 1-2 yrs based on risk)	Value				
Goal < 150mg/dl					
Target:					
HDL and LDL	Date				
(every 1-2 yrs based on risk)	Value				
HDL > 40-50mg/dl					
LDL < 100mg/dl					
Target:					
Flu Shots	Date				
(once per year)					
Pneumonia Vaccine	Date				
(once in a lifetime)					
Other	Date				

