

# A Checklist For Your Doctor



Know your numbers. The following chart lists the medical tests and exams that should be part of your regular office visits. Use this checklist as a tool to talk with your doctor and to make sure you get the care for your diabetes that the experts recommend.

Medical Test / Examination	Why	What Result Should Be	Your Results	How Often Test is Typically Needed
<input type="checkbox"/> <b>A1C</b>	To see how well your diabetes treatment plan is working, as it measures the average of all blood sugars over 2-3 months	Below 7		Every 3–6 months
<input type="checkbox"/> <b>Blood Pressure</b>	Checks if medicine is needed to control blood pressure and reduce risks of high blood pressure to the heart, eyes, kidneys and nerves	Less than 130/80mmHg		Every doctor visit
<input type="checkbox"/> <b>Cholesterol Control (LDL-Bad Cholesterol)</b>	Checks if medicine is needed to lower cholesterol and reduce the risk of heart attack and stroke	LDL less than 100 mg/dL		Once a year
<input type="checkbox"/> <b>Kidney Function Testing</b> <input type="checkbox"/> Urine test (microalbumin/creat ratio) <input type="checkbox"/> Blood test (serum creatinine, to check GFR)	Checks if medicine is needed to prevent kidney damage or kidney failure that, untreated, could lead to dialysis (treatment to replace kidney function)	<ul style="list-style-type: none"> <li>• Urine microalb/creat less than 30 mcg/mg creat</li> <li>• GFR of 60 or greater</li> </ul>		Once a year
<input type="checkbox"/> <b>Referral to Certified Diabetes Educator</b>	Working with a diabetes educator can help you better understand and manage your diabetes	Complete diabetes self-management and training course		At least once
<input type="checkbox"/> <b>Referral for a Comprehensive Dilated Eye Exam</b>	Checks if there is diabetes-related damage to the eyes	Normal eye exam with no evidence of diabetic retinopathy		Once a year
<input type="checkbox"/> <b>Foot Exam</b>	Identifies high-risk foot conditions and checks if loss of feeling exists in the feet that may lead to injury or infection	Normal protective sensation or feeling		Yearly, or at every doctor visit if high risk
<input type="checkbox"/> <b>Smoking Status and Stop Smoking Advice</b>	Because smoking increases the rate at which complications from diabetes occur	Stop smoking		Review at every doctor visit

As new treatments and research become available, the best way to treat diabetes may change. It's important for you and your doctor to know the current best practices for diabetes, to be sure that you get the right care at the right time. Ask your doctor what the experts currently recommend!