

Know Your Numbers

GOALS FOR PEOPLE WITH DIABETES

CHECKPOINT	TARGET*	FREQUENCY	COMMENTS/YOUR RESULTS
Blood glucose	<ul style="list-style-type: none"> ▶ Before meal: 70–130 mg/dl ▶ Two hours after meal: below 180 mg/dl 	Varies per treatment plan	<p>Check more frequently if ill or when making medication changes.</p> <p>Result:</p> <p>Current treatment(s):</p>
A1C glycosylated hemoglobin	Less than 7%	Every 3–6 months	<p>Tells “average” of glucose over previous three months.</p> <p>Result:</p>
Blood pressure	Below 130/80	Every healthcare provider visit	<p>Lower goals than for others with hypertension. May want to consider home blood pressure monitoring.</p> <p>Result:</p> <p>Current treatment(s):</p>
Cholesterol (mg/dL)	<p>Total cholesterol: below 200</p> <p>LDL: below 100</p> <p>HDL: 45 or above (men)</p> <p>HDL: 55 or above (women)</p> <p>Triglycerides: below 150</p>	At least once a year	<p>LDL goals are lower if patient has a history of cardiovascular disease.</p> <p>Result: LDL:</p> <p>HDL:</p> <p>Triglycerides:</p> <p>Current treatment(s):</p>
Microalbumin	Below 30 mcg/mg creatine	At least once a year	<p>This test monitors for possible kidney damage from diabetes.</p> <p>Result:</p>

*Your physician may have different goals for you. Source: American Diabetes Association. Standards of medical care in diabetes–2019.

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Glomerular filtration rate (GFR)	Greater than 60 ml/min	At least once a year	This test measures how well your kidneys are working to filter the blood flowing through. Result:
Dilated eye exam	Detection of potential eye damage at diagnosis and provide a baseline for comparison to future exams.	At least once a year	This test monitors for possible eye damage from diabetes. Retinal photography is considered a screening but is not a substitute for a comprehensive exam.
Flu and pneumonia vaccinations		The flu vaccine should be administered yearly and pneumonia at least once.	Keep a record of your vaccinations.
Foot exam	Detection of potential damage at diagnosis and provide a baseline for comparison to future exams.	At least once a year by a healthcare professional, but a person with diabetes should inspect their feet daily.	This test monitors for possible damage from diabetes.
Healthcare provider visits	Ongoing	At least twice per year	Every three months if not meeting goals
Diabetes education	Ongoing	You should see a diabetes educator: <ul style="list-style-type: none"> ▶ At diagnosis ▶ Annually after that ▶ When you experience significant changes in condition or treatment 	For an appointment: <ul style="list-style-type: none"> ▶ In Decatur call 217-876-2663 ▶ In Jacksonville call 217-479-5725 ▶ In Lincoln call 217-605-5536 ▶ In Springfield call 217-788-3948 ▶ In Taylorville call 217-824-1840

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