

Know Your Numbers

Goals for people with diabetes



CHECKPOINT	TARGET*	FREQUENCY	COMMENTS/YOUR RESULTS
Blood glucose	<ul style="list-style-type: none">○ Before meal: 80–130 mg/dl○ 1–2 hours after meal: below 180 mg/dl	Varies per treatment plan	Check more frequently if ill or when making medication changes. Result: Current treatment(s):
A1C glycosylated hemoglobin	Less than 7%	Every 3–6 months	Tells “average” of glucose over previous three months. Result:
Blood pressure	Below 130/80	Every healthcare provider visit	Lower goals than for others with hypertension. May want to consider home blood pressure monitoring. Result: Current treatment(s):
Cholesterol (mg/dL)	Total cholesterol: below 200 LDL: below 100 HDL: 45 or above (men) HDL: 55 or above (women) Triglycerides: below 150	At least once a year	LDL goals are lower if patient has a history of cardiovascular disease. Result: LDL: HDL: Triglycerides: Current treatment(s):
Microalbumin	Below 30 mcg/mg creatine	At least once a year	This test monitors for possible kidney damage from diabetes. Result:

Know Your Numbers

Goals for people with diabetes



CHECKPOINT	TARGET*	FREQUENCY	COMMENTS/YOUR RESULTS
Glomerular filtration rate (GFR)	Greater than or equal to 90 ml/min <i>60–89 ml/min may need additional monitoring.</i>	At least once a year	This test measures how well your kidney filters out unnecessary toxins in your blood. 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: <input type="radio"/> At diagnosis <input type="radio"/> Annually after that <input type="radio"/> When you experience significant changes in condition or treatment	For an appointment, call 217-788-3948 .