

For Better Health: The ABCs to Better Diabetes Care

	How often	Ideal Level	Your Level
 A 1c measures blood sugar control <i>Lowering your A1c reduces diabetes complications</i>	Every 3-6 months	less than 7%	_____
 B lood pressure control <i>Lowering your blood pressure reduces strokes</i>	Every visit	less than 135/80	_____
 C holesterol (LDL) level <i>Lowering your LDL level reduces heart attacks</i>	Every year	less than 100 mg/dl	_____
 D iabetes kidney microalbumin test <i>Treating early kidney damage may prevent dialysis</i>	Every year	less than 30 µg/g	_____
 E ye exam: if your last eye exam was abnormal if your last eye exam was normal <i>Detecting early eye damage may prevent blindness</i>	Every year Every 2 years		
 F oot exam ☐ observe the feet ☐ check pulses ☐ test sensation	Every year		
 G oals for self-management ☐ My goal: _____ <i>Helps you better control your diabetes</i>	Every visit		
 H ome glucose testing <i>Ask your doctor if this is right for you</i>	Varies		
 I mmunizations and Heart Medications ☐ Influenza (Flu vaccine) ☐ Pneumonia (Pneumovax) ☐ Statins and Aspirin - <i>reduce heart attacks</i> <i>Immunizations help prevent serious infections</i>	Every year At least once Daily if needed		

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