

**Take this handy checklist with you on your next doctor's visit.**



## **A1C test**

Provides an estimate of your general blood sugar control during the past few months. Recommended at least every six months for people whose blood sugar levels are within range, and every three months for others.

## **Eye exam**

Should be performed annually by an ophthalmologist or optometrist who is experienced in the diagnosis and management of diabetic eye disease. If you have diabetic eye disease, you should visit your eye specialist more frequently.

## **Foot exam**

People with diabetes are more prone to foot problems. You or a relative should inspect your feet daily to look for swelling, redness, or calluses. A brief visual inspection is needed every time you visit your doctor. A comprehensive foot exam is recommended once a year.

## **Blood pressure monitoring**

Maintaining a blood pressure below 130/80 is recommended. Your doctor should check your blood pressure during every visit.

## **Lipid tests**

Should be performed every one to two years. Goals are to maintain LDL cholesterol below 100 mg/dL, triglycerides below 150 mg/dL, and HDL cholesterol above 40 mg/dL (above 50 mg/dL in some women).

## **Microalbumin test**

A urine test to detect the early stages of kidney disease. Recommended every year for people with type 2 diabetes and for people who have had type 1 diabetes for five years or longer.

## **Cardiovascular risk assessment**

Your doctor should assess your risk once a year, based on the findings of some of the above tests.