

The ABC's of Diabetes

A: A1C

The A1C blood test provides a measure of a patient's average blood glucose control over the last 3 months, giving a broader picture of their levels. Blood glucose should be managed to achieve normal or near-normal glucose levels with an A1C goal of <7%.

B: Blood Pressure

Blood pressure should be measured at every routine diabetes visit. This is important because its control helps to prevent vascular complications. Patients with diabetes should be treated to achieve a blood pressure goal of 130/80.

C: Cholesterol

Patients with diabetes have an increased prevalence of cholesterol abnormalities that contributes to higher rates of CVD. Lower LDL cholesterol to <100 mg/dl, triglycerides to <150 mg/dl and raise HDL cholesterol to >40 mg/dl for men and >50mg/dl for women.

D: Diabetes Education

The importance of ongoing medical nutritional therapy and diabetes self-management education is crucial to aid in a patient achieving their goals and preventing further complications due to their diabetes.

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E: Eye Examinations

The importance of yearly eye examinations for patients with diabetes is critical in order to prevent blindness from the disease.

Exercise

Regular physical activity can lower your blood sugar levels, help your body use insulin more efficiently, reduce stress and help manage your weight therefore improving your overall health.

F: Foot Examinations

The importance of regular foot examinations and proper foot care can prevent foot problems including loss of sensation, bone deformity, ulcers, amputation, and morbidity.

G: Glucose Monitoring

Glucose monitoring has an important role to ensure you are achieving glycemic control and preventing diabetes-related complications. Glucose monitoring allows patients to use data to adjust food intake, exercise, and medications. The frequency of glucose monitoring should be discussed between you and your doctor.

