



# iDo Diabetes Care Guide

This guideline is being distributed by iDo, an organization created to promote, track, and continually improve results of diabetes screening, prevention and control interventions for Southern Nevadans with, or at high risk for, diabetes and obesity through effective collaborations among public and private employers, payers, health care providers, educators, and community stakeholders, respecting the cultural diversity of our community.

At every visit with your health care provider, you should have the following checked:	
Medications, immunizations and blood sugar log	Review your current medications, immunizations status, and blood sugar testing log.
Blood pressure goal: <130/80	There is a risk of high blood pressure for all people with diabetes. High blood pressure can cause several problems related to your heart.
Weight	Most people are overweight when they develop Type 2 diabetes. Even losing small amounts of weight can improve your health.
Feet	Nerve damage from diabetes can lessen the feeling in your feet. You may have cuts or sores on your feet without knowing it.
Smoking	If you smoke, talk to your health care professional about quitting or call 800-QUITNOW.
At least 2-4 times a year, you should have this test:	
A1C Goal: < 7%	This is a blood test that measures your blood sugar level for the past few months. This goal is okay for most people, however, this goal is not right for everyone. Discuss with your health care provider what goal is right for you.
At least once a year, you should have the following checked:	
Monofilament test (foot exam)	This exam checks for how the sensory nerves in your feet work.
Microalbuminuria (urine test)	This test detects protein in the urine, which can be a sign of kidney disease. Even though you may not have diagnosed kidney disease, you should have this test done yearly. This test is not a routine urine analysis.
Serum creatinine (blood test)	To determine the level of chronic kidney function.
Cholesterol (blood test)	This is a fat-like substance in your blood. A level that is too high increases the risk for heart disease. There are two types of cholesterol. LDL is the "bad" type and should be below 100.
Triglycerides (blood test)	This is a fat-like substance that is carried through your blood to your tissues. High levels are linked with a risk for heart disease.
Dilated eye exam	An eye specialist should do this eye exam. Complications from diabetes can cause eye problems or blindness.
Dental exam	See your dentist to prevent diabetes-related dental disease.

This guideline is based on the recommendations of the American Diabetes Association (ADA). For more information, including full documentation for the above clinical recommendations, consult the ADA website at [www.diabetes.org](http://www.diabetes.org) or contact the ADA at 1-800-DIABETES.

Source: New Mexico Healthcare Takes on Diabetes