

Diabetes

Numbers At-a-Glance & Management Schedule

Numbers At-a-Glance

1. Criteria for Diagnosis of Diabetes[†]

Fasting plasma glucose	> 126 mg/dl*
Random plasma glucose	> 200 mg/dl* with symptoms (polyuria, polydipsia, and unexplained weight loss)

2. Glycemic Control Goals for Type 1 or Type 2 Diabetes[†]

Level of control	Hemoglobin A1c
Normal	< 6 %
Goal	< 7 %
Take additional action	> 8 %

Self-monitored blood glucose

Whole blood values

Preprandial goal:	80 - 120 mg/dl
Bedtime goal:	100 - 140 mg/dl

Plasma values

Preprandial goal:	90 - 130 mg/dl
Bedtime goal:	110 - 150 mg/dl

3. Hypertension in Adults with Diabetes[†]

	Systolic mmHg	and/or	Diastolic mmHg
Definition	≥ 140	and/or	≥ 90
Treatment goal	< 130	and	< 80

4. LDL Cholesterol in Adults with Diabetes^{††}

LDL goal	< 100 mg/dl
Therapy initiation level	≥ 100 mg/dl

Management Schedule[†]

At every visit:

- Measure weight and blood pressure.
- Inspect high risk feet.
- Review self-monitoring glucose record.
- Review/adjust medications.
- Recommend regular use of aspirin for CVD prevention.
- Review self-management skills, dietary needs, and physical activity.
- Counsel on smoking cessation and alcohol use.

Twice a year:

- Order hemoglobin A1c in patients meeting treatment goals with stable glycemia (quarterly if not).
- Refer for dental exam.

Annually:

- Order fasting lipid profile, serum creatinine, and urinalysis for protein and microalbumin.
- Order dilated eye exam and influenza vaccination.
- Perform comprehensive foot exam.

Usually only once:

- Order pneumococcal vaccination.

[†]American Diabetes Association Clinical Practice Recommendations, *Diabetes Care* 24 (Suppl. 1): S33-S43, 2001.

^{††}Executive Summary of the Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III), *JAMA* 285 (19): 2486-97, 2001.

*Repeat to confirm on subsequent day