

DIABETES CONTROL:

GET THE TESTS YOU NEED

Daily blood sugar monitoring may be the first thing you think of when it comes to keeping tabs on your diabetes. But although this is an important measure of how you're managing your condition, diabetes is complicated—it affects major organs throughout your body. Periodically, you'll need other tests to find out how diabetes is affecting your overall health.

Check In with Your Provider

Review this list with your health care provider to see if you're on schedule:



KIDNEY DISEASE TESTS—ONCE A YEAR. Your provider will measure protein levels in your urine and do a blood test to find out how well your kidneys filter your blood.



DILATED EYE EXAM—EVERY ONE TO TWO YEARS. An ophthalmologist or optometrist checks for damage to blood vessels in the retina. This condition, called diabetic retinopathy, can cause vision loss or blindness. If you have eye disease or any signs of damage, your provider should recommend getting tested at least once a year.

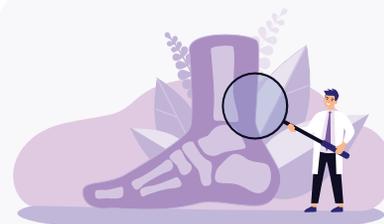


HEMOGLOBIN A1C (HB A1C)—AT LEAST TWICE A YEAR. This test, which requires a blood sample, shows how well blood sugar was controlled for the previous three months. A test result of less than 7% is the goal for many people with diabetes, but it may be different for you.

CHOLESTEROL AND TRIGLYCERIDES—AT LEAST ONCE A YEAR. However, if you're younger than age 40 with good cholesterol levels, you may go up to five years between blood tests. People with diabetes are more likely to have high LDL cholesterol and triglycerides, which raises your risk for heart disease.



BLOOD PRESSURE—EVERY VISIT WITH YOUR PROVIDER. High blood pressure is common in people with diabetes, and it raises your risk for complications, such as heart disease. If you have high blood pressure, take daily readings at home as well.



COMPREHENSIVE FOOT EXAM—AT LEAST ONCE A YEAR. Regular exams and proper foot care help prevent nerve damage and other problems that can lead to amputation.