



# Schedule your Monitoring

Do you know your ABCs and what tests you need when you have diabetes? Know what you need and see your doctor at least once a year! Your doctor will order a number of tests to monitor your diabetes health. Remember to ask questions.

WHAT	WHY	FREQUENCY
<b>A1C blood test</b>	Measures blood sugar control in last 3 months	Twice per year or every three months if not in control
<b>Blood pressure (BP)</b>	To protect kidneys and heart, as well as to help reduce the risk of stroke.	At least once per year and with each visit
<b>Cholesterol (LDL)</b>	Lowering LDL cholesterol reduces your risk of heart disease	Once per year
<b>Eye exam</b>	A dilated retinal eye exam, which is different from a vision test, will detect early blood vessel changes. Treatment can prevent blindness	Once per year
<b>Kidney tests</b>	A urine test for protein and a blood test for kidney function	Once per year
<b>Annual foot exam</b>	Tests for nerve damage and circulation	Once per year
<b>Immunizations</b>	-Influenza vaccine yearly -Tetanus every 10 years -Pneumococcal twice in lifetime -Hepatitis B series once in lifetime	Review yearly
<b>Tobacco use</b>	Increases heart disease risk	At each visit
<b>Dental exam</b>	Regular care can prevent gum disease and tooth decay	At least twice per year