

# Important Tests and Exams to Help Manage Diabetes

## Blood tests\*

- Before-meal blood sugars: 70-130 mg/dL
- Postmeal (~2.0 hours) blood sugars: <180 mg/dL
- A1C: <7%
  - Quarterly, if treatment changes or not at goal
  - At least 2 times a year if stable at goal
- Lipid profile
  - Yearly
  - LDL (“bad” cholesterol): <100 mg/dL
  - Triglycerides: <150 mg/dL
  - HDL (“good” cholesterol): >40 mg/dL for men, >50 mg/dL for women

## Urine tests\*

- Microalbuminuria (protein in urine): <30 µg albumin/mg creatinine
  - Yearly
- Urinalysis
  - Early signs of disease, blood in urine

## Foot exams\*

- Foot check
  - Each diabetes visit
- Comprehensive foot exam
  - At least yearly (more often in patients with foot conditions)

## Eye exam\*

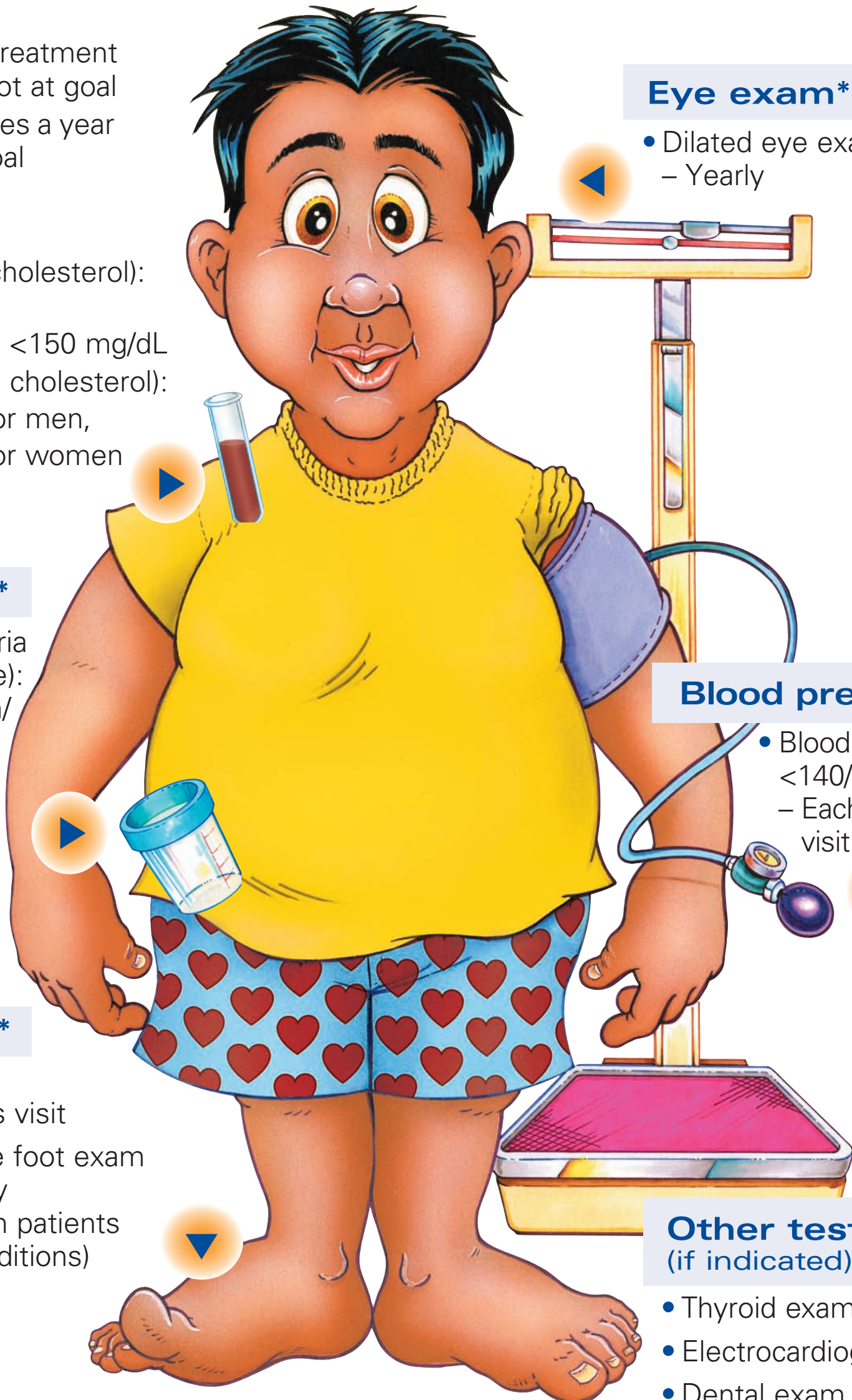
- Dilated eye exam
  - Yearly

## Blood pressure\*

- Blood pressure: <140/80 mmHg<sup>†</sup>
  - Each diabetes visit

## Other tests\* (if indicated)

- Thyroid exam
- Electrocardiogram
- Dental exam



\*Individual goals in patients with diabetes may vary.

<sup>†</sup>Blood pressure goal for people with diabetes and high blood pressure.

