









Diabetes Exams to Remember!



L.A. Cares About
Diabetes®

EXAM/TEST	WHY	HOW OFTEN/GOAL NUMBERS
 Home Blood Sugar Test	Helps you and your doctor plan the right treatment. Helps you make day-to-day choices about food, exercise, and medicine.	<ul style="list-style-type: none"> • From one to six times a day • Fasting or before meals: 80 to 130 mg/dl • One to two hours after meals: less than 180 • Ask your doctor if these are the best numbers for you
 A1C	Measures blood sugar levels for the past three months.	<ul style="list-style-type: none"> • Every 3 to 6 months • Less than 7% for adults • Less than 8% for adults over 80 years of age
 Eye Exam	Checks for eye problems such as cataracts, glaucoma, and retinopathy.	<ul style="list-style-type: none"> • One time a year
 Cholesterol	Measures the substance that blocks the flow of blood to your arteries. Bad cholesterol (LDL) can lead to heart problems.	<ul style="list-style-type: none"> • One time a year • LDL less than 100
 Blood Pressure	High blood pressure can cause problems to your organs (kidneys, eyes, and heart).	<ul style="list-style-type: none"> • Each doctor visit • Less than 140/90 • Less than 130/80 for adults with higher cardiovascular risk
 Kidney Test	Measures the amount of protein in your urine. It tells your doctor how well your kidneys are working.	<ul style="list-style-type: none"> • One time a year
 Foot Exam	Tells your doctor if the nerves in your feet are healthy.	<ul style="list-style-type: none"> • One time a year
 Dental Exam	Checks teeth, gums, and mouth for problems.	<ul style="list-style-type: none"> • Two times a year

Your doctor may also screen you for depression and give you yearly vaccines.

For questions or to speak with a nurse about diabetes, call the **L.A. Cares About Diabetes**® Line at **1.877.796.5878** (TTY 711) Monday - Friday, 8a.m. - 4p.m. You can also call the 24-hour **Nurse Advice Line** for free health care advice at **1.800.249.3619** (TTY 711), 7 days a week.