

# Ideal Person with Diabetes

## Know your goals

Hemoglobin A1c	< 7% ( $\leq$ 6% is ideal)
Blood Pressure	130/80
LDL ("Bad") Cholesterol level	Less than 100
Your ideal weight	_____ lbs.

## Goal

## Lifestyle Modifications

- Exercise at least 30 minutes for at least 5 days a week.
- Achieve your ideal body weight. Yours is \_\_\_\_\_ lbs. Even losing 5 pounds has been shown to reduce the death rate in people with diabetes.
- Stop smoking.
- Limit alcohol intake to 1 serving a day (if at all).
- Eat 3 meals a day and use the DASH or Diabetic diet.
- Sleep for at least 8 uninterrupted hours a day.
- Stress reduction using exercise or yoga.
- Check your feet daily (especially your soles!)

## Routine Laboratory Testing

- Finger-stick Blood Sugar every morning before breakfast and at night before bed
- Hemoglobin A1c every 3 months until at your goal, then every 6 months
- Cholesterol panel twice a year until at your goal, then yearly
- Basic Metabolic Panel twice a year
- Liver Function Tests once a year
- Urine Microalbumin Level once a year
- Electrocardiogram (EKG) every 2 years
- Flu Vaccine once a year
- Eye Exam once a year
- Mouth Exam once a year
- Foot Exam once a year

## Medications (checked if prescribed)

## Dose

- Aspirin \_\_\_\_\_
- Metformin \_\_\_\_\_
- Other Oral Diabetes Medication \_\_\_\_\_
- Insulin \_\_\_\_\_
- ACE Inhibitor (or Angiotension Receptor Blocker – ARB) \_\_\_\_\_
- Hydrochlorothiazide (HCTZ) \_\_\_\_\_
- Calcium Channel Blocker \_\_\_\_\_
- Beta Blocker \_\_\_\_\_
- Other Blood Pressure medication \_\_\_\_\_
- Cholesterol Medication \_\_\_\_\_