

A Preventive Screening Guide to Manage Your Diabetes



Health screenings are a great way for your medical team to identify health problems early and to assist you in the treatment of many health conditions. Use the resource below to track and schedule annual screenings, exams and vaccinations that are important elements in your diabetic care plan.

Screening or Test	✓ Check if Completed	Record Your Results			Date Completed or Date You are Scheduled
A1C test		%			
Blood Pressure		mmHg/mmHg			
Cholesterol test		Total:	LDL:	HDL:	
Dilated Eye Exam					
Foot exam					
Influenza (flu) vaccine					
Kidney function test					
Pneumococcal vaccine(s)					
Shingles vaccine					
Tdap vaccine					
Weight					

The screenings and tests above are typically completed on an annual basis. However, speak with your health-care professional regarding which vaccines and exams are best for you. Some variations may occur for individuals with life-threatening allergies, a weakened immune system or those who are pregnant.

See reverse for common screening definitions.

Common Diabetic Screening Definitions



Dilated Eye Exam

This exam screens for diabetic retinopathy (swelling or leaking of blood vessels in the retina), which is the most common diabetic eye disease *and* a leading cause of blindness in the United States. For an eye exam, you may either have a dilated eye exam or a refinal scanner may be used.



Foot Exam

During this exam, your physician will look for problem signs including blood flow, sensation or skin changes.



A1C Test

This blood test provides information about your *average* level of blood sugars over the *past three months*.



Kidney Function Test

This screening examines your urine (*looking for protein in your urine*) or blood (basic or comprehensive metabolic panel) to determine how your kidneys are performing.



Fasting Cholesterol Test

This panel measures your total cholesterol, triglycerides, good and bad cholesterol levels to provide insight on possible risks of life-threatening conditions like heart attacks, strokes or coronary artery disease.



Blood Pressure

In order to control your blood-pressure, you need to know your numbers and receive an accurate reading. Talk to your provider about your blood pressure goal. The higher your blood pressure is, the greater your risk for health problems in the future.



Weight

Some people dread getting weighed at their doctor's office, but it is extremely important in managing your diabetes. Uncontrolled diabetes may cause weight loss or weight gain, due to your body not converting the foods you eat into the proper energy correctly.



Vaccines

Influenza (flu) vaccine: This vaccine is recommended every year during the flu season, which is October to February/late winter. The recommendation includes pregnant women who are in any trimester.

Pneumococcal vaccines: These vaccines help protect you against many strains of pneumonia bacteria and are recommended for adults 65 and older, or those under 65 with chronic conditions.

Shingles (Zoster) vaccine: This vaccine helps reduce the risk of shingles, *a painful skin rash* most commonly seen in adults 60 years and older.

Tdap vaccine: The Tdap vaccine represents:

- Tetanus - painful tightening of the muscles. (ie: lockjaw)
- Diphtheria - a bacterial infection that affects your breathing, causes weakness, sore throat, fever and swollen glands.
- Pertussis (whooping cough) - a highly contagious uncontrollable cough.

A Td vaccine booster is recommended by the CDC every 10 years and a Tdap vaccine is a one-time recommendation.