

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 screenings, exams and vaccinations that are important elements in your diabetic care plan. 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.

Screening or Test	Frequency	Record Your Results	Date Completed or Date You are Scheduled
A1C test	If your A1C is considered “controlled” by your provider, it should be checked at least every six months. If your A1C is “uncontrolled,” you should be checked quarterly.	%	
Blood Pressure	At every provider visit.	mmHg/mmHg	
Cholesterol test	If you are less than 40 years of age, your cholesterol should be checked at the time of your diabetes diagnosis. If you are over the age of 40, check your cholesterol annually. If you are taking a statin medication, check with your provider.	Total: LDL: HDL:	
Dilated Eye Exam	If there is no evidence of diabetic retinopathy, complete every two years. If there is evidence of diabetic retinopathy, complete the exam at least annually.		
Foot exam	If there is no symptoms of foot neuropathy, complete the exam annually. If symptoms are present, complete at every visit.		
Influenza (flu) vaccine	Annually		
Kidney function test	Annually		
Pneumococcal vaccine(s)	There are three options available: the pneumococcal conjugate vaccines (PCV), PCV15 or PCV20, and the pneumococcal polysaccharide vaccine PPSV23. <ul style="list-style-type: none"> •If you are less than 65 years old and receive the PCV15, you should have the PPSV23 one year later. If you receive the PCV20 or the PPSV23, you do not need another pneumococcal vaccination until the age of 65. •If you are over age 65, you should repeat either the PCV20 or PPSV23 if it has been five years or longer since your first vaccine. 		
Shingles vaccine	Complete the two-shot series one time.		
Tdap vaccine	If you have never received, complete the Tdap once. Subsequent boosters can be done with either Td or Tdap every 10 years.		
Weight Check	At every provider visit.		

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. For an eye exam, you may either have a dilated eye exam or a retinal scanner may be used.



Foot Exam

During this exam your provider 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

Monitoring your weight 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.