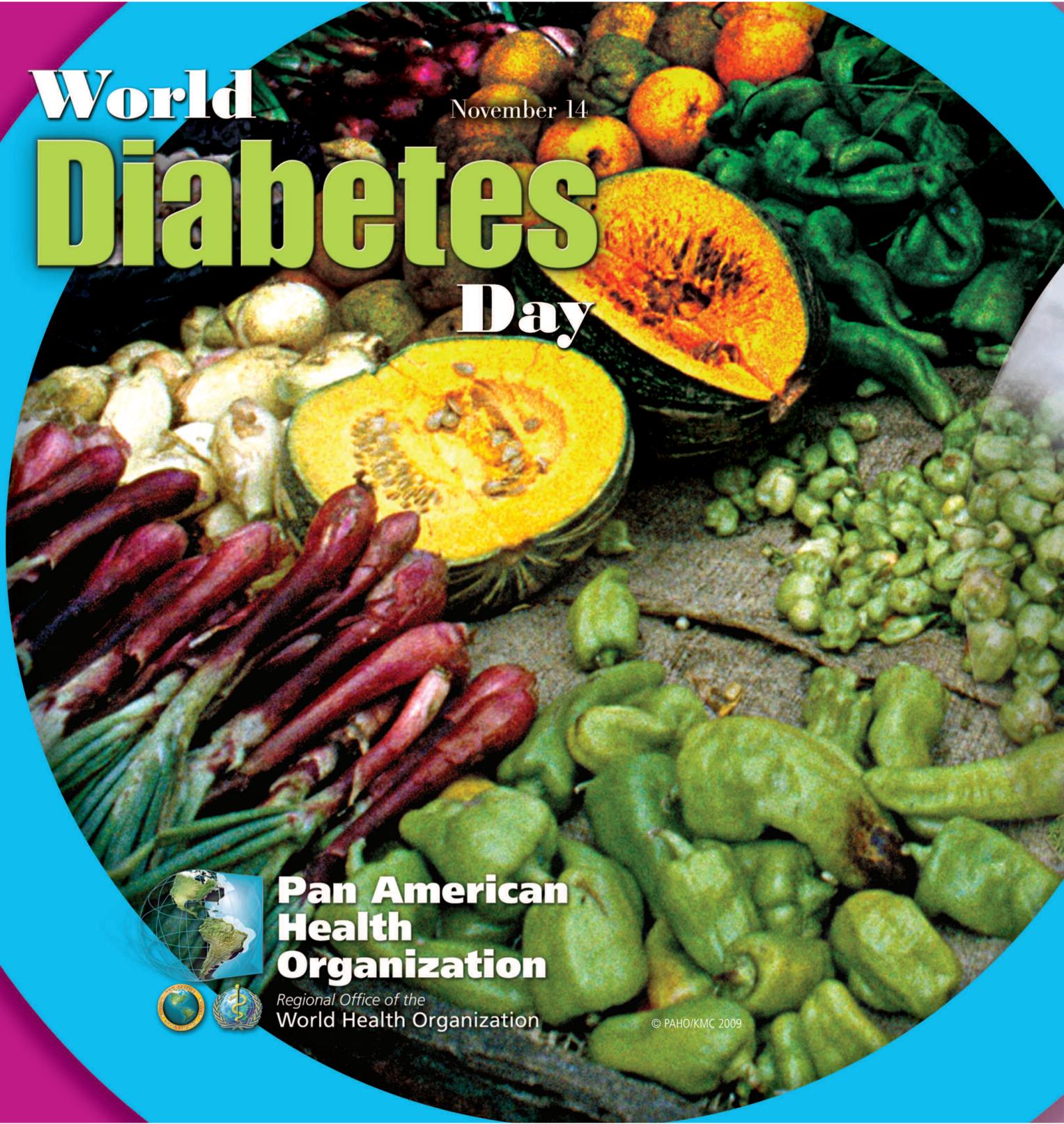


# World Diabetes Day

November 14



## Understand Diabetes, Take Control.

- Know the risks and warning signs
- Know how to respond, and who to turn to
- Know how to manage, and take control of it



**Pan American Health Organization**

Regional Office of the World Health Organization

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world diabetes day

## Recommendations for Improving the Quality of Diabetes Care

	Component	Frequency	Description
<b>MEDICAL VISITS</b>	Blood Pressure	Each visit	<130/80mmHg
	Eye Exam	Annual	Ophthalmologist/ Optometrist
	Dental Exam	Every 6 months	Teeth and gum exam
	Brief Foot Exam	Each visit	Remove shoes and socks
	Complete Foot Exam	Annual	Visit the podiatrist if high risk
	Flu vaccine	Annual	If available (optional)
<b>LABORATORY</b>	Hemoglobin A1c	Every 3-6 months	<7%
	Triglycerides	Annual	<150 mg/ dl (1.7mmol/l)
	Cholesterol total	Annual	<200 mg / dl (5.0mmol/l)
	LDL Cholesterol	Annual	< 100 mg/ dl (<2.2mmol/l)
	HDL Cholesterol	Annual	>40mg/dl (> 1.0mmol/l) men; >50mg/dl (1.1mmol/l) women
	Albumin/urine creatinine	Annual	<30µ/mg (spot)
<b>EDUCATION</b>	Treatment Goals	Each visit	Discuss with patient
	Self Blood Glucose Monitoring	Individualized	Recommend based on patient's control goals
	Healthy Eating	Each visit	Recommend always
	Physical Activity	30', 5-7 times/ week	Recommend always if indicated

