

# Diabetes

## Numbers At-a-Glance<sup>†</sup>

(For Non-pregnant Adults)

### Criteria for Diagnosis of Pre-diabetes

Impaired fasting glucose (IFG)	100 - 125 mg/dl (Fasting plasma glucose) <b>or</b>
Impaired glucose tolerance (IGT)	140 - 199 mg/dl (2-hr post 75g glucose challenge)

### Criteria for Diagnosis of Diabetes

Random plasma glucose $\geq 200$ mg/dl* with symptoms (polyuria, polydipsia, and unexplained weight loss) <b>or</b>
Fasting plasma glucose $\geq 126$ mg/dl* <b>or</b>
2-hr plasma glucose $\geq 200$ mg/dl* post 75g glucose challenge

*\*Repeat to confirm on subsequent day*

### Treatment Goals for the ABCs of Diabetes<sup>††</sup>

**A<sub>1C</sub>** < 7 %

Preprandial plasma glucose 90 - 130 mg/dl

Peak postprandial plasma glucose < 180 mg/dl

**Blood pressure** (mmHg)

Systolic                      Diastolic

< 130      and      < 80

**Cholesterol – Lipid Profile** (mg/dl)

LDL Cholesterol      < 100

HDL Cholesterol      Men > 40      Women > 50

Triglycerides              < 150

<sup>†</sup> American Diabetes Association Clinical Practice Recommendations, *Diabetes Care* 27 (Suppl.1): S15-S35, 2004.

<sup>††</sup> Goals should be individualized.

The NDEP promotes control of the ABCs of diabetes and use of the term A1C for Hemoglobin A<sub>1C</sub>.

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## Management Schedule

### At each regular diabetes visit:

- Measure weight and blood pressure.
- Inspect feet.
- Review self-monitoring glucose record.
- Review/adjust medications.
- Recommend regular use of aspirin for CVD prevention.
- Review self-management skills, dietary needs, and physical activity.
- Consider referral for medical nutrition therapy and diabetes self-management education.
- Counsel on smoking cessation and alcohol use.

### Twice a year:

- Obtain A1C in patients meeting treatment goals with stable glycemia (quarterly if not).
- Refer for dental exam.

### Annually:

- Obtain fasting lipid profile (every 2 years if normal).
- Obtain serum creatinine and urinalysis for protein, microalbumin, and albumin-to-creatinine ratio.
- Refer for dilated eye exam (if normal, an eye care specialist may advise an exam every 2–3 years).
- Perform comprehensive foot exam.
- Administer influenza vaccination.
- Review need for other preventive services.

### Lifetime:

- Administer pneumococcal vaccination (repeat if over 64 or immunocompromised and last vaccination was more than 5 years ago).



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