

**Have a Medical Checkup
Every 3–6 Months**

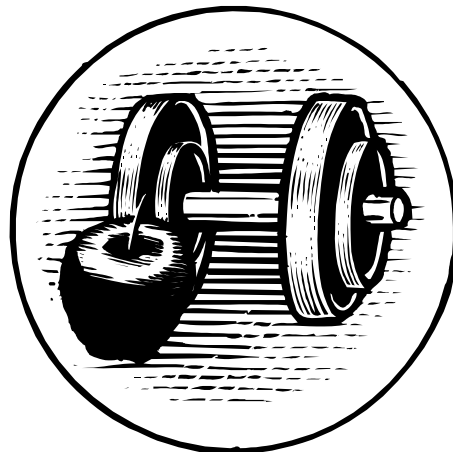


Overhead

At Each Visit

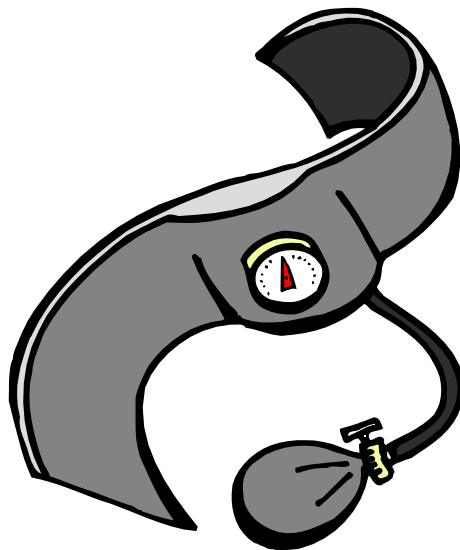
Discuss:

- Blood glucose records and recent glucose control
- Feelings about diabetes
- Activity pattern
- Birth control *(if the woman is in her childbearing years)*
- Medicines used
- Smoking habits
- Meal plan



Tests To Expect at Each Visit

- Blood glucose test
- A1C
- Weight
- Blood pressure
- Foot exam



Discuss at Least Once a Year

- Treatment of high and low blood glucose readings
- Diabetes and pregnancy (*if the woman is in her childbearing years*)
- Dental care
- Foot care



Tests To Expect at Least Once a Year

- Kidney function tests
- Electrocardiogram (ECG, EKG)
- Circulation and nerve function exam of the feet
- Cholesterol and triglyceride tests
- Also be sure to get a yearly flu shot
- Dilated eye exam
- Dental exam

