

# 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 Test Completed or Date Test 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.

# 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 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 check how your kidneys are performing.



## Fasting Cholesterol Test

This panel measures your total cholesterol, triglycerides, and 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-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 commonly seen in adults 60 years and older.

**Tdap vaccine:** The Tdap vaccine represents:

- Tetanus: Painful tightening of the muscles (i.e., 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.