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DIABETES MELLITUS MANAGEMENT GUIDELINE

The following diabetes guideline will assist you in managing your diabetes by providing you with important areas of evaluation and education. This guideline will help you better understand how to monitor your health.

If you have any questions regarding this guideline, please contact Grace Panetti, MS, RN at 315-798-1503.

The Following Important Topics Are Reviewed Each Visit

- *Educational Packet*
- *Self Monitored Blood Glucose (SMBG) results*
- *Pathophysiology of Diabetes Mellitus (DM)*
- *Diabetic Mellitus Medications*
- *Nutritional Counseling*
- *Exercise/Weight Loss*
- *Foot Care*
- *Smoking Cessation*
- *Community Education Program*
- *Managing Sick Days*
- *Preconception Counselin*

The Following Areas of Preventive Care/Screening Are Monitored

- *EKG (baseline; annual)*
- *Ophthalmology Evaluation (annual & as needed)*
- *Neuropathy Eval/Podiatry (annual & as needed)*
- *Echocardiogram Optional*
- *Dental (annual)*
- *Podiatry referral (as needed)*
- *Immunizations: Up to Date, (flu, pneumonia)*

Labs

- *Hemoglobin A1C (every 3-6 months)*
- *Cholesterol, LDL, HDL, Triglycerides (annual & as needed)*
- *Thyroid (annual & as needed)*
- *Liver (annual & as needed)*
- *Urine Analysis*
- *Urine Microalbumin (annual & as needed)*
- *24 hour urine for protein (baseline)*
- *Renal Profile (annual & as needed)*

Other Important Considerations in Your Health Care

- *Chest Pain*
- *Foot sores/numbness/tingling*
- *Change in Vision*
- *Sexual Dysfunction*
- *Dyspnea on Exertion*
- *Fatigue*
- *Hypoglycemia*
- *Yeast Infection*
- *Obesity*
- *Depression*