

Diabetes

Numbers At-a-Glance†

(For Non-pregnant Adults)

Criteria for Diagnosis of Pre-diabetes

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

Criteria for Diagnosis of Diabetes

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

*Repeat to confirm on subsequent day

Treatment Goals for the ABCs of Diabetes††

A_{1C} < 7 %

Preprandial plasma glucose 90 - 130 mg/dl

Peak postprandial plasma glucose < 180 mg/dl

Blood pressure (mmHg)

Systolic < 130

Diastolic < 80

Cholesterol – Lipid Profile (mg/dl)

LDL Cholesterol < 100

HDL Cholesterol Men > 40 Women > 50

Triglycerides < 150

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

†† Goals should be individualized.

The NDEP promotes control of the ABCs of diabetes and use of the term A1C for Hemoglobin A_{1C}.

Diabetes

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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