

## Diabetes Mellitus: A Summary of Treatment Goals

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### New Goals:

Hemoglobin A1c (Hgb A1c) of **6** or less  
Blood pressure of **120/ 80** or less  
LDL (low density cholesterol) less than **100**  
Fasting blood sugar of less than **126**

### Self-Care and preventative practices:

1. EXERCISE
2. EXERCISE
3. **EXERCISE!**- minimum of 30-40 minutes 4 to 5 times per week
4. (this improves your body's ability to respond to your own insulin)
5. Do **NOT** go barefoot.
6. Always wear shoes that have a large enough area for your toes and do not create pressure sores or calluses. Look at your feet **every** day and report any redness, injury to the skin or signs of infection to your doctor immediately. Infections of the feet are very serious.
7. Get the **Flu** vaccine every year
8. Get a **pnuemovax** (to prevent pneumonia) every 6 to 10 years
9. Take an **81mg enteric-coated Aspirin** every day
10. See the optometrist every year for a Diabetic Annual Eye Exam
11. Have your urine checked every year for microalbuminuria (protein in the urine from diabetes related kidney damage)
12. Keep your weight down.
13. See your doctor every 3-4 months for a Diabetes appointment. Make sure one of these every 3 to 4 month visits is for a physical each year. For women this will be your annual "PAP", or well woman exam, which is best done by your family physician
14. Make sure you do your laboratory tests 7 working days before your scheduled appointment so your results are available for your appointment. At a minimum, this include a hemoglobinA1c, and frequently lipid panels, liver function (hepatic Panel)
15. Watch out for any hypoglycemia symptoms including either predominately physical symptoms like sweating, clammy feeling, jitteriness etc. or mental symptoms like confusion, lethargy, fatigue, light-headedness or more typically a combination of both. Make sure to keep a glucose tablet around to be able to treat the hypoglycemia.
16. Get a medical identification that can alert people quickly that you are diabetic.
17. If you are on glucophage, take a B12 vitamin supplement daily by mouth.



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This handout provides a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your family doctor.

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