

Diabetes

Numbers At-a-Glance†

(For Nonpregnant Adults)

Criteria for Diagnosis of Pre-diabetes

Impaired fasting glucose (IFG)	$\geq 110 - < 126$ mg/dl (Fasting plasma glucose)
Impaired glucose tolerance (IGT)	$\geq 140 - < 200$ mg/dl (2-hr 75g OGTT)

Criteria for Diagnosis of Diabetes

Random plasma glucose ≥ 200 mg/dl* with symptoms
(polyuria, polydipsia, and unexplained weight loss)

Fasting plasma glucose ≥ 126 mg/dl*

2-hr plasma glucose ≥ 200 mg/dl* after 75g OGTT

*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	Diastolic
Hypertension definition	≥ 140 and/or	≥ 90
Treatment goal	< 130 and	< 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* 26 (Suppl.1):S33-S50, 2003.

†† NDEP promotes control of the ABCs of diabetes and use of the term A_{1C} 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.
- Determine Medicare benefits eligibility 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 (less often if normal).
- Obtain serum creatinine and urinalysis for protein and microalbumin.
- Refer for dilated eye exam.
- Perform comprehensive foot exam.
- Administer influenza vaccination.

Usually only once:

- Administer pneumococcal vaccination.



To order NDEP materials for your practice, call 1-800-438-5383 or visit our web site at www.ndep.nih.gov

The National Diabetes Education Program (NDEP) is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and over 200 partner organizations.

