

Is Your Diabetes Care Comprehensive?



At Presbyterian, our goal is to help you manage your health. Each year you should get the screenings listed below. These screenings are to check for problems often related to diabetes.

- **HbA1c test** – This simple blood test shows the amount of sugar in your blood for the past three months.
 - HbA1c result > 9.0 = poor control
 - HbA1c result 7.0 - 9.0 = fair control
 - HbA1c result < 7.0 = good control
- **LDL-Cholesterol Screening** – This lipid blood test looks at your levels of “bad” cholesterol. Bad cholesterol can build up on the walls of your arteries and increase your risk of heart disease.
 - LDL-C good control result < 100
- **Retinal Eye Exam** – This eye exam looks to see if you have diabetic retinopathy. This is the most common diabetic eye disease. It is also a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. A thorough retinal eye exam helps detect changes in the eye that could lead to diabetic retinopathy.
- **Nephropathy screening** (kidney functioning) – This tests looks for the presence of small amounts of protein in the urine. Protein in the urine is the first sign of failing kidney function. When kidney function declines, the amount of protein in the urine increases. This makes it harder for the kidneys to work right. It can also lead to kidney failure.
- **Blood pressure check** – This simple test checks the force of blood against the walls of the arteries.
 - Blood pressure good control result 140/80

When is the last time you had these screenings? If it's been over a year, call your provider today to schedule a visit.

