

CRITERIA FOR GOOD DIABETES CONTROL

ADA Standards			
SR. NO	GUIDELINES	GOAL	HOW OFTEN
1	Diabetes Education		Get updated regularly
2	HBA 1c	Less than 7%	2-4 times a year(1in3 months)
3	Self Morning of Blood Glucose		As needed
4	Blood Pressure	Less than 130/80	Every visit
5	LIPIDS	(MG / DL)	YEARLY
6	LDL	Less than 100	
7	HDL	50 or above (female)	
		40 or above (male)	
	Total Cholestreol	Less than 200	
	Triglyceride	Less than 150	
8	Eye Exam		Yearly
9	Weight		Every visit
10	Foot Exam		Every visit
11	Dental Exam		Every 6 months
12	Urine Test (micro albumin)		Yearly
13	Cardic Assessment		Yearly
14	Neurological Assessment		Yearly
15	Frequency of visits		Once in 3 months after stablization