

DIAGNOSIS OF DIABETES

Fasting plasma glucose

≥126 mg/dl*

AND OR

Two hour plasma glucose

≥200 mg/dl*
post **75g** glucose challenge

AND OR

Random plasma glucose

≥200 mg/dl*

with symptoms of increased thirst, urination, or unexplained weight loss

**Repeat to confirm on subsequent day*

DIAGNOSIS OF PRE-DIABETES

Impaired fasting glucose (IFG)

100 - 125 mg/dl
(Fasting plasma glucose)

AND OR

Impaired glucose tolerance (IGT)

140 - 199 mg/dl
(Two hour post **75g** glucose challenge)



To schedule an appointment,
call 405.307.5730

OUR SERVICES:

Our Diabetes Center team of dietitians and nurses offers an assortment of programs tailored to fit your diabetes self-management needs. It is our goal to empower you, through knowledge, to manage your diabetes instead of your diabetes managing you. We work through physician referral to provide the tools for you and your family members to help attain achievable goals.

WE ARE CONVENIENTLY LOCATED AT:

3400 W. Tecumseh Rd Suite 206

Norman, OK 73072

PHONE: 405.307.5730

FAX: 405.307.5719

SERVICES PROVIDED INCLUDE:

- Type 1 and Type 2 Individual Education
- Type 2 Class
- Flexible Insulin Management Program
- Insulin Pump Training Program
- Gestational Diabetes Program
- Diabetes and Pregnancy Assistance
- Medical Nutritional Counsel for Pre-Diabetes
- Educational Support Groups



Do You Know Your Numbers?
Norman Does

DIABETES CENTER OF EXCELLENCE
CERTIFIED BY AMERICAN DIABETES ASSOCIATION



Norman Regional
HEALTH SYSTEM

Diabetes Health Record

Discuss these Basic Guidelines for Diabetes Care with your diabetes care provider and use this to record your results. Fold to fit into your wallet.

TAKE CHARGE OF YOUR DIABETES!

Review Blood Sugar Records (every visit) Target (pre-meals):	Date:				
Blood Pressure (every visit) Target:	Date:				
	Value:				
Weight (every visit) Target:	Date:				
	Value:				
Foot Exam (every visit)	Date:				
A1C Blood test to measure past 3 mos. blood glucose level (every 3 months) Target:	Date:				
	Value:				
Microalbuminuria Urine kidney test (every year) Target:	Date:				
	Value:				
Dilated Eye Exam (every year)	Date:				
Baseline EKG	Date:				
Blood test to measure "fats" important to heart disease					
Cholesterol (every year) Target:	Date:				
	Value:				
Triglycerides (every year) Target:	Date:				
	Value:				
HDL / LDL (every year) Target:	Date:				
	Value:				
Flu Shots (every year)	Date:				
Pneumonia Vaccine (at least once/ask Dr.)					

Discuss these issues regularly with your health care provider to improve your diabetes management skills:

- Tobacco Cessation
- Medications
- Nutrition Therapy
- Physical Activity
- Weight Management
- Complications
- Aspirin Therapy
- Hypoglycemia (low sugar)
- Hyperglycemia (high sugar)
- Sick Day Rules
- Psychosocial Issues
- Pre-Pregnancy Counseling
- Pregnancy Management
- Dental Exams, twice yearly

BLOOD GLUCOSE GOALS

80 - 110
pre-meal blood glucose mg/dl

≤140
2 hours after meals

100 - 140
bedtime glucose

- ADA and ACE studies in United States and abroad have found that improved glycemic control benefits people with either type 1 or type 2 diabetes. In general, every percentage point drop in A1C blood test results (e.g., from 8.0% to 7.0%) reduces the risk of eye, kidney, and nerve damage by 40%.

HEMOGLOBIN A1C

<6.5
A1C%

COMPARING BLOOD GLUCOSE WITH A1C

Average Glucose, mg/dL	A1C%
90	5
135	6
170	7
205	8
240	9
275	10
310	11
345	12

TARGET

BLOOD PRESSURE

People with diabetes should keep blood pressure less than 130/80

- Blood pressure control reduces the risk of cardiovascular disease (heart disease or stroke) among persons with diabetes by 33% to 50%, and the risk of microvascular complications (eye, kidney, and nerve damage) by approximately 33%.
- In general, for every 10 mm Hg reduction in systolic (top#) blood pressure, the risk for any complication related to diabetes is reduced by 12%.

LIPID PROFILE

Total Cholesterol < 200 mg/dL

Triglycerides < 150 mg/dL

LDL - Cholesterol < 100 mg/dL

HDL - Cholesterol > 45 mg/dL

- Improved control of cholesterol or blood lipids (for example, HDL, LDL, and triglycerides) can reduce cardiovascular complications by 20% to 50%.

URINE TESTS FOR PROTEIN

Normal: less than 30 mg/24 hr.
Microalbumin: between 30 - 300
Clinical proteinuria: greater than 300

- The results will tell you how well your kidneys are working. Medicines such as ACE inhibitors or ARBs may prevent or delay kidney damage. They may also stop further damage.