

St. Luke's Diabetes Care Pathway

Be an active participant in your diabetes care decisions and talk to your doctor about your diabetes care plan

A1C

- Check at least 2 times a year.
- Goal is less than 7% for most people.
- The A1C test is an estimate of your average blood glucose over the last 2-3 months.
- Blood glucose goals before meals: 80-130 mg/dL; 1-2 hours after a meal: less than 180 mg/dL.

A1C Level	Average blood glucose
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL

Blood Pressure

- Every time you visit the doctor.
- Goal is less than 140/90 mm Hg; less than 130/80 if high risk of cardiovascular disease.



Cholesterol

- Check at least once a year.
- Know your numbers.

LDL "bad cholesterol"

Without heart disease less than 100 mg/dL; with heart disease less than 70 mg/dL

HDL "good cholesterol"

For men more than 40 mg/dL; for women more than 50 mg/dL

Triglycerides

Less than 150 mg/dL

Eye Exam

- Once a year, get a dilated and comprehensive eye exam by an eye specialist
- Make sure your exam results are sent to your doctor.

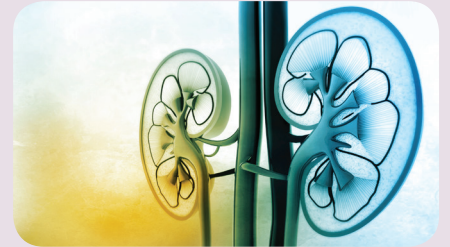


Feet

- Check your feet every day for any sign of injury (cuts, blisters, dry skin, cracks).
- Wear comfortable shoes; do not go barefoot.
- Once a year, get a complete foot exam by your doctor or podiatrist.

Kidneys

- Once a year have your urine tested for protein.



Stop Smoking

- It is very important to stop smoking or using tobacco if you have diabetes.
- Tobacco cessation consultation: call 314-542-4888 or the Missouri hotline at 1-800-784-8669.



Diabetes Care Plan

- Work with your diabetes team to manage your diabetes.
- Get a referral to visit the dietitian and diabetes educator.
- Your Diabetes Care Plan includes meal plan, physical activity plan, when to check blood glucose at home, when and how to take medicine, a schedule for follow-ups, ways to deal with stress and other goals such as weight management and blood pressure.

Recommendations based on the American Diabetes Association- Standards of medical care in diabetes-2017. Diabetes Care. 2017;40(Supp 1):S1-S142.

St. Luke's Resources:

Nutrition Wellness & Diabetes Center: 314-205-6483

Diabetes Exercise Program: 314-205-6881

Healthy Living Classes: 314-542-4848

Physician Referral: 314-205-6060

For more information, visit stlukes-stl.com.



**St. Luke's
HOSPITAL**

Our specialty is you.

Diabetes Action Plan

Green Zone: Great Control

- A1C is less than 7
- Average blood glucose 2 hrs. after meals less than 180
- Most fasting blood glucose less than 130
- No episodes of hypoglycemia

Green Zone means:

- Your blood glucose is under control
- Continue medications as prescribed
- Continue monitoring
- Follow healthy eating habits and physical activity
- Keep physician appointments every 3-6 months

Yellow Zone: Caution

- A1C between 7 and 9
- Average blood glucose 2 hrs. after meals between 180-240
- Most fasting blood glucose less than 200
- Hypoglycemia 1-2 times per week

Yellow Zone means:

- You may need to adjust medication
- Improve eating habits
- Increase physical activity level

Work closely with your healthcare team to improve your glucose control.

Call your physician if after 1 week of changes in your eating habits and exercise you do not improve blood glucose control.

Red Zone: Stop and Think

- A1C greater than 9
- Average blood glucose 2 hrs. after meals greater than 240
- Most fasting blood glucose greater than 200
- Frequent hypoglycemia
- Use of glucagon kit (insulin users only)
- Moderate to large ketones (type 1 only)

Red Zone means:

- You need to be evaluated by a physician
- If you have a blood glucose greater than _____, follow these instructions: _____

If you have blood glucose less than _____, follow these instructions: _____

Call your physician!

Call your physician!

Physician Name: _____
Number: _____

My plan for controlling diabetes at home:

- Take medication every day as prescribed
- Monitor blood glucose every day and at different times, more often if sick
- Check your feet frequently for redness, cuts, cracks or sores
- Schedule an eye exam every year
- Keep regular appointments with physician

Take action and call your physician when:

- You cannot afford medications
- A wound does not heal after 1 week
- Having difficulty to exercise or eat healthy
- Blood glucose is greater than 200 on a regular basis
- Blood glucose is less than 70 on a regular basis. If you are feeling shaky, sweaty, confused or dizzy, eat 4 tsp. sugar or ½ a cup of juice or regular soda and wait 15 minutes to retest blood glucose.

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