

When First Diagnosed

A person should have...

- ❖ A physical exam that includes height, weight, lab tests and an ECG
- ❖ Pneumovax vaccine
- **❖**TB skin test (or chest x-ray)

I.H.S. Standards of Care

♦Once a Year

A person should have...

- ❖ Dilated eye exam
- ❖ Dental exam
- Urine and blood tests to check lipids and kidney function
- Complete foot exam to check nerves and pulses
- *Flu shot in October or November



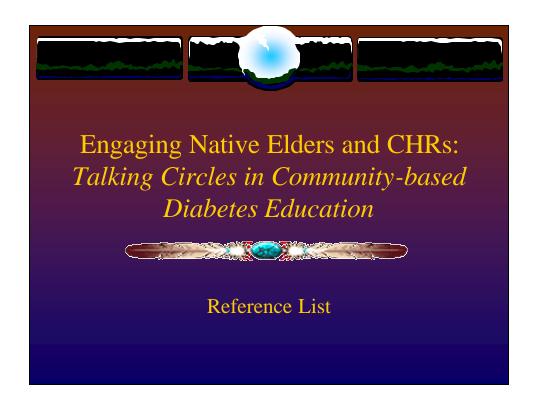
*At Each Visit

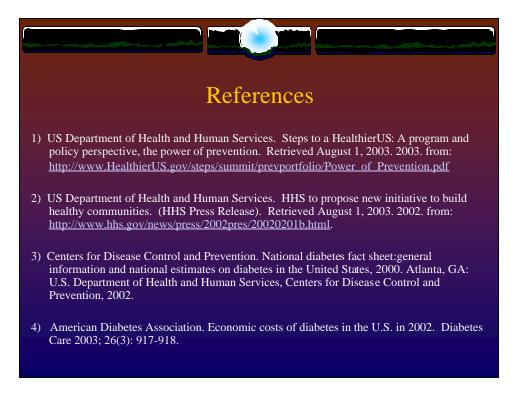
A person should have...

- ❖Blood pressure check
- ♦ Blood sugar test (A1c every 3-4 months)
- ❖Foot exam to look for any sores or skin problems on toes or feet

Helpful Website Links

- http://www.ihs.gov/medicalPrograms/diabetes/2001soc.pdf
- http://www.ihs.gov/medicalPrograms/diabetes/AIEIdersandDiab.asp
- http://www.ihs.gov/medicalPrograms/diabetes/NDPreferences.asp
- http://www.HealthierUS.gov/steps/summit/prevportfolio/Power Of Prevention.p df
- http://www.cdc.gov/Diabetes/projects/comm.htm
- http://www.niddk.nih.gov/patient/dpp/dpp.htm
- http://www.cdc.gov/diabetes/news/docs/qucomm.htm







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