

XIII. Recommended Tests and Exams for Diabetics

Regular medical checkups, and blood and urine tests are important in helping to detect problems before they become serious.

Blood/Urine tests	Purpose	Frequency
Hemoglobin A1C	To monitor long term glucose control	every 3-6 months
Cholesterol	For early detection of heart disease	yearly
Urine microalbumin	For early detection of kidney disease	yearly

Exams		
Blood Pressure	To detect high blood pressure	at each visit
Eye	To detect eye problems	yearly
Foot	To detect foot problems	at each visit
Dental	To detect dental problems	twice a year