

Diabetes pocketcard Set

Diabetes Risk Test (Small, per American Diabetes Association 2007)

| Parameter | Points | Parameter | Points |
|---|--------|--|--------|
| • Age | | • BMI ≥ 30 kg/m ² | 5 |
| Age ≥ 65 years | 0 | • One or more parents with DM | 1 |
| Age 45–64 years | 1 | • One or more siblings with DM | 1 |
| Age < 45 years and little or no physical activity in most weeks | 1 | • Women who have delivered a macroscopic ≥ 900 g infant | 1 |
| Age 18–44 years | 0 | | |

Interpretation: Sum of parameter points 0–2 very low risk, 3–5 low to medium risk, 6–10+ high risk, the higher the score, the higher the risk of having diabetes (DM)

Screening for Diabetes

- Screen annually if ≥ 30 yr and risk factors for T2DM
- Use 2-h OGTT(performed) or fasting plasma glucose
- Also not recommended for screening
- Screen all pregnant women at 24–28 weeks, or 20 weeks if high risk
- Use GTT if pregnant, 1 or 2 hr after 75 g oral glucose load

Criteria for the Diagnosis of Diabetes* (Standards of Medical Care in Diabetes, ADA 2008)

Symptoms of hyperglycemia and casual plasma glucose ≥ 200 mg/dL (11.1 mmol/L)
Symptoms any time of the day without regard to time since last meal; classic symptoms include polyuria, polydipsia, unexplained weight loss

Fasting plasma glucose (FPG) ≥ 126 mg/dL (7.0 mmol/L)
(No caloric intake for at least 8h)

2-h plasma glucose ≥ 200 mg/dL (11.1 mmol/L) during a 75-g oral glucose tolerance test (OGTT)



*Confirm abnormal results with a second unprovoked hyperglycemia

Clinical Interpretation of Plasma Glucose Concentrations

| FPG | 2-h OGTT | Interpretation |
|------------------|------------------|------------------------|
| < 100 mg/dL | < 140 mg/dL | Normal |
| 100–125 mg/dL | 140–199 mg/dL | IFG/IGT (pre-diabetes) |
| ≥ 126 mg/dL | ≥ 200 mg/dL | DM |

FPG = impaired fasting glucose; OGTT = impaired glucose tolerance

Components of Comprehensive Diabetes Evaluation (Stand. of Med. Care - 2008)

Medical history

- Age and characteristics of onset of diabetes
- Growth and development in children and adolescents
- Nutrition status and weight history
- Diabetes education history, previous treatment
- Current treatment (medication, basal plan, MARG[†] results)
- Hyperglycemic episodes
- History of diabetes-related complications (eye, kidney, neuropathy, cardiac, VAD, PAD, sexual dysfunction, gynecological)

*Self monitoring of blood glucose

Physical examination

- Blood pressure
- BMI, weight
- Fundoscopic examination
- Physical palpation
- Skin examination
- Neurological and foot examination
- Palpation of the parathyroid glands and posterior (heel)
- Presence/absence of genital and Achilles tendons
- Determination of vibration, proprioception and modification sensation
- Cardiac examination

Components of the comprehensive diabetes evaluation

Labs evaluation

- HbA1c
- Serum Cr, eGFR
- Liver function test - TSG
- ANCO or spot UAC/microalbuminuria[†]
- Fasting lipid profile, LDL, HDL, trig

Referrals

- Dietitian
- Dental exam and annual eye exam
- Family planning
- Diabetes self-management education
- Specialist, as needed

Diabetes Pocketcard Set

Marcel A. Müller



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