

## Diabetes Screening Resources

|  | Test   | Frequency of Test  |
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| <b>Cardiovascular Risk Management</b><br><br>The leading cause of morbidity and mortality for people with diabetes is ASCVD. | Blood Pressure   | Every visit  |
|  | Lipid profile  | At time of diabetes diagnosis, at initial medical evaluation and every 5 years after (unless more frequently indicated), if not on statins<br><br>Testing should be considered based on individual patient, if on statins  |
| <b>Kidney Disease Management</b><br><br>20-40% of patients with diabetes have diabetic kidney disease                        | Urine albumin-to-creatinine ratio (UACR)   | At least annually for patients with Type 1 diabetes with diagnosis $\geq$ 5 years<br><br>At least annually for patients with Type 2 diabetes   |
|  | AND<br><br>estimated Glomerular Filtration Rate (eGFR)   | At least annually for patients with diabetes with comorbid HTN<br><br>Abnormal results should be confirmed to stage kidney disease   |
| <b>Diabetic Retinopathy (DR) Management</b>  | Dilated and comprehensive eye exam   | Within 5 years of onset of diagnosis for patients with Type 1 diabetes<br><br>At time of diabetes diagnosis for patients with Type 2 diabetes<br><br>Annually - after initial comprehensive eye exams(see above) <ul style="list-style-type: none"> <li>• If retinopathy is progressing or sight-threatening exams should be more frequent.</li> <li>• If after <math>\geq</math>1 annual comprehensive eye exams, there is no evidence of DR, then exams can be done every 2 years</li> </ul> Before pregnancy or in first trimester, and then every trimester and for 1 year postpartum for women with preexisting Type 1 or Type 2 diabetes |
| <b>Neuropathy</b><br><br>Up to 50% of diabetic peripheral neuropathy may be asymptomatic                                     | Feet Inspected   | Every visit  |
|  | Comprehensive foot exam (inspection, assessment of deformities, neurological assessment and vascular assessment) | At least annually  |
|  | Assessment of autonomic neuropathy   | Assessed for during history and physical examinations  |

Resource list compiled by MaineHealth Chronic Disease Program