1. Symptoms of diabetes (polyuria, polydipsia, unexplained weight loss) plus casual* plasma glucose concentration ≥ 200 mg/dl
   * Casual is defined as any time of day without regard to time of last meal.

2. FPG ≥ 126 mg/dl or
   3. 2-hour postload glucose ≥ 200 mg/dl during an OGTT using a glucose load equivalent to 75 g anhydrous glucose dissolved in H2O.

Note: In the absence of unequivocal hyperglycemia, these criteria should be confirmed by repeat testing on a different day.

Criteria for the Diagnosis of Pre-diabetes

- Definition of IGT
- Definition of IFG
- Definition of impaired glucose tolerance

Therapeutic Goals for (Non-pregnant) Adults with Diabetes Type 2

- A1c
- BP
- Lipids:
  - LDL-C
  - HDL-C
  - Triglycerides
- Total Cholesterol
- SBGM
- Fasting Glucose
- 2-hr. post prandial glucose
- Antplatelet Therapy

Note: Goals should account for individual patient circumstances.

Components of the Initial Comprehensive Evaluation of Adults with Diabetes Type 2

- History
- Physical Exam
- Labs/Tests
- Referrals

Components of Each Visit for Adults with Diabetes Type 2

- BP
- Weight
- BMI
- Blood Glucose
- Foot Check
- Education

Patient Education for Adults with Diabetes Type 2

- General Diabetes Education
- Smoking Cessation
- Exercise
- Nutrition
- SMBG

Yearly Exams and Tests for Adults with Diabetes Type 2

- A1c
- Fasting Lipid Panel
- Serum Creatinine
- UA/Microalbuminuria
- Dilated Eye Exam
- Dental Exam
- Flu Vaccine
- Tetanus (Td)
- Pneumovac

Routine Health Maintenance for Adults with Diabetes Type 2

- Physical Exam
- Pap Smear/Pelvic Exam
- Breast Exam
- Mammogram
- Rectal Exam & PSA
- CRC Screening

Diabetes Educator, foot specialist

State of Alaska 2006 Recommendations for the Management of Diabetes Type 2 in Adults

Based on the American Diabetes Association 2006 Clinical Practice Recommendations Additional copies can be downloaded from: http://www.hss.ak.us/dph/chronic/diabetes