

# MyCARE

With me, every step of the way



“ **REGULAR CHECK-UPS**  
can help in the early  
detection and prevention  
of **TYPE 1**  
**DIABETES-RELATED**  
**COMPLICATIONS.** ”



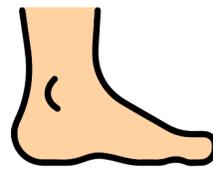
# UNCONTROLLED DIABETES INCREASES YOUR RISK TO DEVELOP A RANGE OF

## MICROVASCULAR COMPLICATIONS

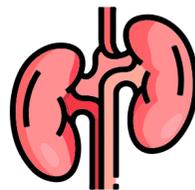
Retinopathy



Neuropathy

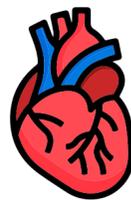


Nephropathy



## MACROVASCULAR COMPLICATIONS

Cardiovascular



Cerebrovascular



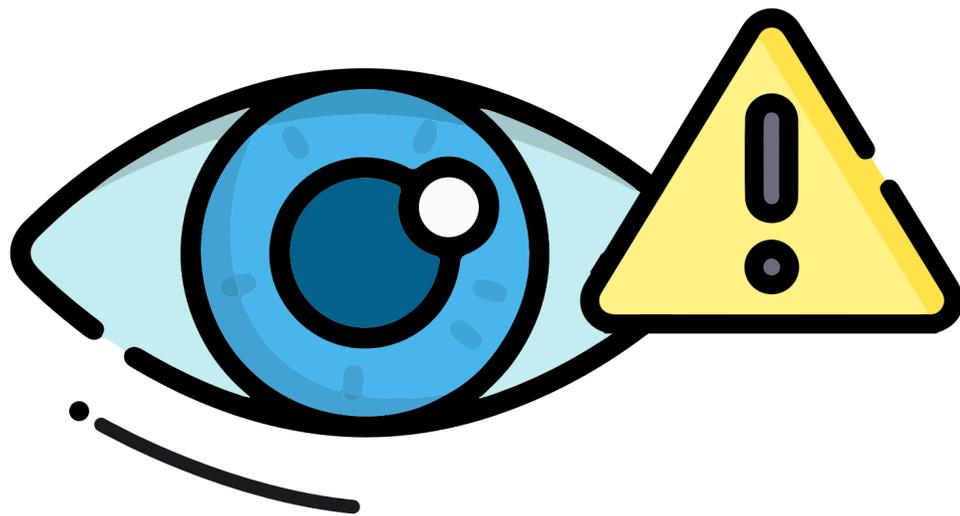


**HERE ARE A  
FEW TESTS  
THAT NEED TO  
BE DONE  
REGULARLY**

**COMPLICATION:** Retinopathy  
(Eye Damage)

**TEST:** Dilated Eye Exam

**FREQUENCY:** Within five years of diagnosis, then every 1 to 2 years after that or more often if you have signs of eye disease



**COMPLICATION:** Neuropathy  
(Nerve Damage)

**TEST:** Tendon Reflex,  
Pressure/Touch Sensation,  
Vibratory Sensation and  
Protective Sensation, Ankle  
Reflex Test

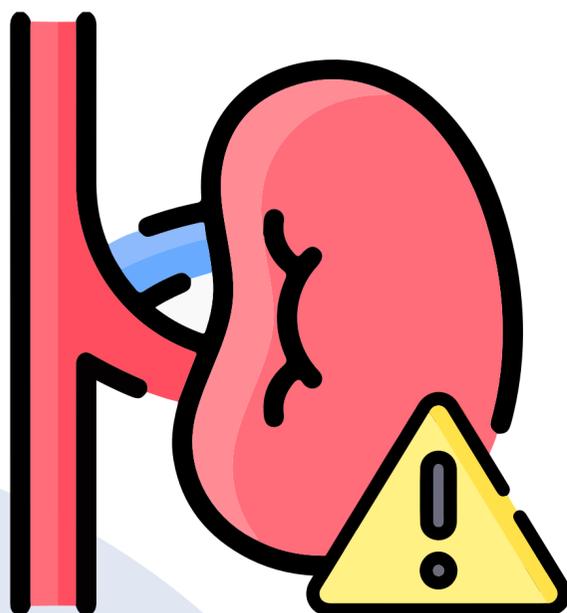
**FREQUENCY:** 5 years  
post-diagnosis. Annually  
thereafter



**COMPLICATION:** Nephropathy  
(Kidney Damage)

**TEST:** Dipstick urinalysis for  
Proteinuria, Microalbuminuria,  
Serum Creatinine and  
Estimated GFR,  
Albumin-Creatinine Ratio (ACR)

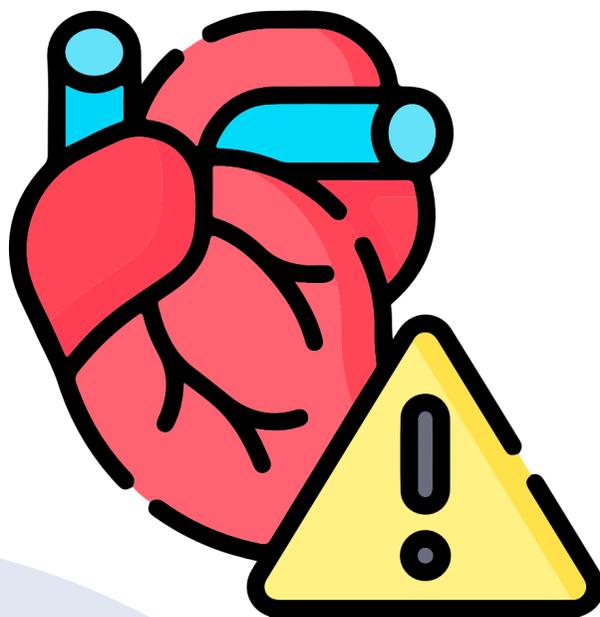
**FREQUENCY:** Once a year if  
you have had Diabetes for  
>5 years



**COMPLICATION:** Cardiovascular Disorders (Heart Diseases)

**TEST:** ECG, Blood pressure, Stress test, Lipid profile, Chest X-ray, 2D Echocardiography

**FREQUENCY:** Lipids should be checked at diagnosis and repeated every 3 years if normal



## REMEMBER

These are only guidelines.

Please get your health check-up done as advised by your doctor



“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator.**”



# MyCARE

With me, every step of the way

## Reference

- ADA. Health Checks for people with Diabetes. Available at <https://diabetes.org/diabetes/newly-diagnosed/health-checks-people-with-diabetes>
- Yang, Z., Zhang, Y., Chen, R., Huang, Y., Ji, L., Sun, F., Hong, T., & Zhan, S. (2018). Simple tests to screen for diabetic peripheral neuropathy. The Cochrane Database of Systematic Reviews, 2018(7), CD010975. <https://doi.org/10.1002/14651858.CD010975.pub2>
- IDF module 2011. Section 5. Module 5.2 and 5.3. Available at: <http://www.idf.org/education/resources/modules-2011/download>. Last accessed: 14th September 2015
- Roett MS, Liegl S and Jabbarpour Y. Diabetic Nephropathy- The Family Physician's Role. Am Fam Physician. 2012;85(9):883-889
- American Heart Association. Heart-Health Screenings. 2014. Available at: [http://www.heart.org/HEARTORG/Condition/Heart-Health-Screenings\\_UCM\\_428687\\_Article.jsp](http://www.heart.org/HEARTORG/Condition/Heart-Health-Screenings_UCM_428687_Article.jsp)
- ISPAD CLINICAL PRACTICE CONSENSUS GUIDELINES 2022: Microvascular and macrovascular complications in children and adolescents with diabetes.

Issued in Public Interest by



The guide/presentation/content/literature is for general information, guidance and educational purposes only and is not complete or exhaustive. The guide /presentation/content/literature is not intended or implied to replace or substitute any current practice and or advice/guidance/diet provided by healthcare professionals. This guide/presentation/content/literature does not constitute any treatment/therapy/medication/diet/opinions for any patients who are on diabetes medication, the patients are required to prior consult their healthcare professional before acting on any change on treatment/therapy/ medication/diet and/or opinions. USV Private Limited makes no representations as to accuracy, completeness, correctness, suitability or validity of any information contained in this guide/presentation/content/ literature and will not be liable for any losses, injuries or damages arising from its use.

