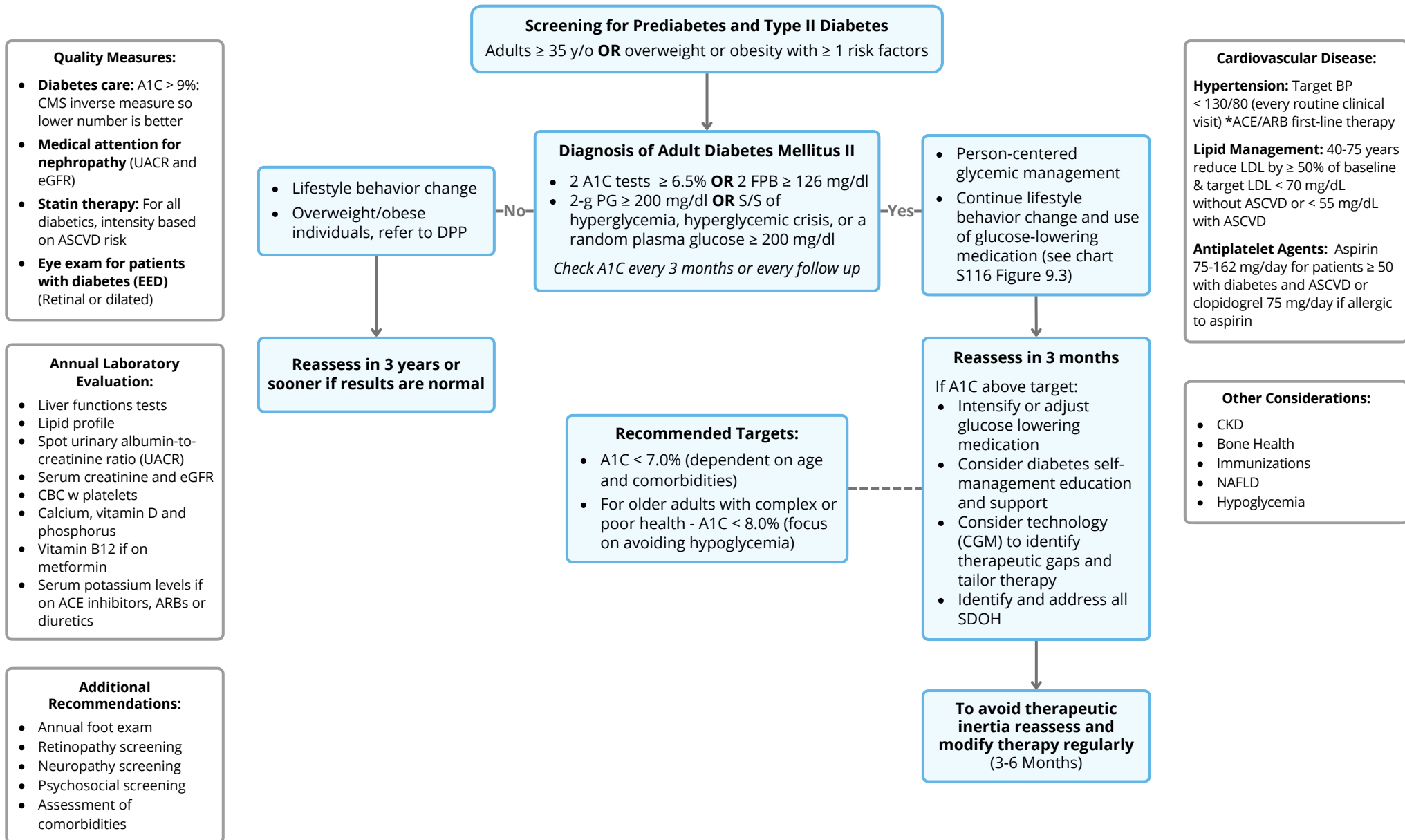


Diabetes Mellitus II Guideline (2024)



Reference: [American Diabetes Association, Standards of Medical Care in Diabetes](#) (2024)

Disclaimer: This guideline is not intended to dictate or substitute for the professional judgment of a healthcare practitioner in a particular case. (AHN) The ADA's Standards of Care recommendations are not intended to preclude clinical judgment and must be applied in the context of excellent clinical care, with adjustments for individual preferences, comorbidities, and other patient factors.

Additional Information

Daily Alcohol Limits:

- Men - 2 ≤ drinks
 - Women - 1 ≤ drink
- *(One drink = 12oz. Beer, 5 oz. wine, 1.5 oz. of distilled spirits)

Annual Foot Exam:

- Visual inspection
- Screen for PAD
- Assessment of foot deformities
- Vascular assessment (pedal pulses)
- Neurological assessment (vibration, pinprick sensation, or temperature) and 10-g monofilament exam
- Referral to podiatrist as needed

Retinopathy Screening:

- At diagnosis dilated and comprehensive eye exam and then annually
- Refer to Ophthalmologist if positive

Neuropathy:

- Screen for diabetic peripheral neuropathy at diagnosis of DM Type II and 5 years after the diagnosis of type 1 diabetes and at least annually thereafter

Chronic Kidney Disease:

- At least annually urinary albumin (e.g. spot urinary albumin-to-creatinine ratio (UACR) and estimated GFR with duration of ≥ 5 years and everyone with Type II DM regardless of treatment
- In people with CKD spot UACR and eGFR should be monitored 1-4 times/year depending on the stage of the kidney disease

Positive Health Behaviors and Well-being:

- Healthy Diet - i.e DASH, plant based and low-carbohydrate eating
- Limit alcohol consumption
- Reduce sodium intake - optimal goal of <2300 mg/day
- Moderate-to-vigorous activity of 150 min/wk spread over at least 3 days/week with 2-3 sessions of resistance training
- Weight management
- Tobacco cessation

Additional Resources:

- [ADA Resources for Healthcare Professionals](#)
- Comprehensive Diabetic Medical Exam (p. S55-S56)
- Older Adults Standard of Care (p. S244-S254)

Abbreviations	
ACC	American College of Cardiology
ASCVD	Atherosclerotic Cardiovascular Disease
CDC	Comprehensive Diabetes Care
CGM	Continuous Glucose Monitoring
DASH	Dietary Approaches to Stop Hypertension
Diabetes Plate Method	Use small plate and limit carbs to 1/4 of plate, 1/4 protein and 1/2 vegetables
DPP	Diabetes Prevention Program
DSMES	Diabetes Self-Management Education and Support
FPG	Fasting plasma glucose
A1C	Glycated hemoglobin
PG	Plasma glucose
LDL	Low Density Lipoproteins
OGTT	Oral glucose tolerance test
TIR	Time in Range
TBR	Time Below Range