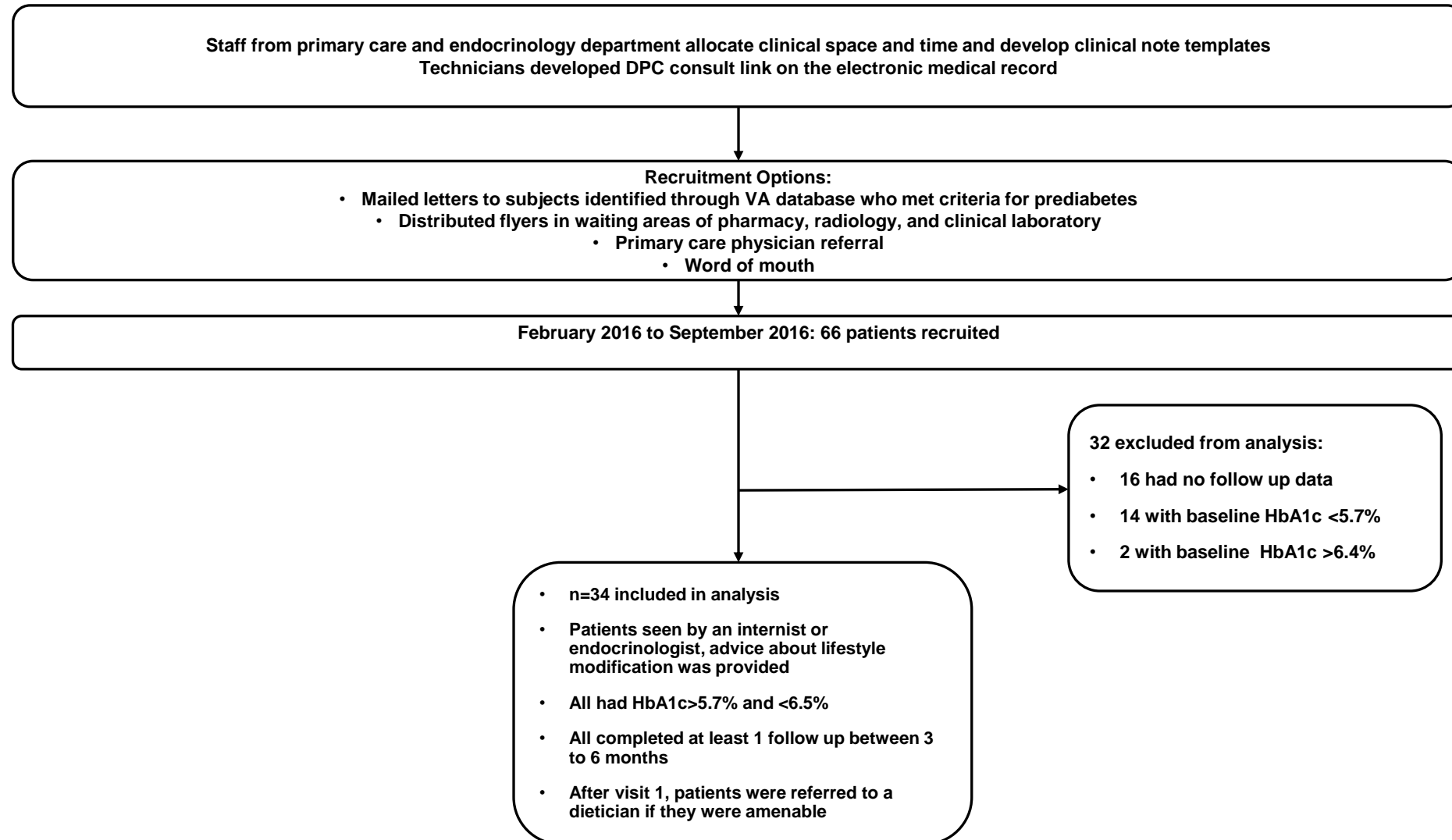


## Diabetes Prevention Clinic









# Prediabetes Screening Test

adapted from the CDC National Diabetes Prevention Program

## TAKE THE TEST—KNOW YOUR SCORE!

Question	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
<b>Total Score</b>		

Height	Weight (pounds)	Height	Weight (pounds)
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5' 11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

**IF YOUR SCORE IS 3 TO 8 POINTS:** This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

**IF YOUR SCORE IS 9 MORE POINTS:** This means your risk is high for having prediabetes now. Please make an appointment with the Diabetes Prevention Clinic.



*You are cordially invited to attend an information session on:*

## ***Prediabetes***

*Place: Atrium A, Manhattan Campus*

*Date: January 19, 2016*

*Time: 12:00 noon - 1:00PM*

*Learn how: Managing your weight  
Improving your diet  
Increasing your exercise  
help to prevent or delay*

## ***diabetes***

*and its serious health complications*

Presentation given by: Dr. Michael Bergman, MD, FACP  
Director: NYU Diabetes Prevention Program  
Acting Section Chief: Endocrinology, Diabetes, Metabolism  
at

VA New York HHS, Manhattan Campus

# SUPPLEMENTARY DATA

CC:  
-----

HPI:  
=====

## LIFE-STYLE ASSESSMENT

- 
- (1) Exercise
    - (1a) type:
    - (1b) amount:    min/day:    days/wk:
  - (2) Meals: Breakfast    Lunch:    Dinner:
  - (3) Snacks:

- 
- Recent weight loss:
  - Recent weight gain:
  - Polyuria
  - Nocturia
  - Infections
  - Blurred vision
  - Foot lesions
  - Dental
  - Sleep apnea (OSA)
  - Hypogonadism
  - PCOS

## COMPLICATIONS:

- (1) Ophthalmology:
  - (a) date of last exam
  - (b) findings
- (2) Renal
  - (a) creatinine
  - (b) microalbumin
    - (1) when checked
    - (2) results
  - (c) ACE-I
- (3) CVD
  - (a) angina
  - (b) CHF
  - (c) Cardiology
    - (1) EKG
    - (2) ETT
    - (3) CATH
    - (4) CABG
  - (d) PVD
  - (e) amputation
  - (f) CVA
  - (g) HLD
  - (h) HTN
- (4) Podiatry
  - (a) date of last exam
  - (b) findings
- (5) Neuropathy
  - (a) peripheral
  - (b) autonomic
    - (2) gastroparesis
    - (3) orthostatic
  - (c) ED
- (6) Depression

Medical History:  
=====

Surgical History:  
=====

Medications:  
=====

## SUPPLEMENTARY DATA

Allergies:

Family History:

=====

Mother:

Father:

Siblings:

Children:

Other relatives:

Review of Systems:

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General

Skin:

HEENT:

Respiratory:

Hematologic:

Cardiovascular:

Endocrine:

Gastrointestinal:

Urologic:

Psychiatric:

Neurologic:

PHYSICAL EXAM:

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VITAL SIGNS:

BLOOD PRESSURE = PULSE = WEIGHT =  
HEIGHT = TEMP = |BMI|

GEN:

SKIN: acanthosis:

HEENT

Thyroid

NECK

CV

LUNGS

ABD

EXTR

pulses

edema

lesions

nails

sensation

monofilament

Labs:

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Problem List:

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Assessment/Plan

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HgA1c, Lipid profile, CBC, CMP, UA, Microalbumin, TSH, OGTT, insulin, LFTs (+GGTP)

RD referral