





DEPARTMENT OF VETERANS AFFAIRS
NEW YORK HARBOR HEALTHCARE SYSTEM

In Reply Refer To:

Dear Veteran,

Your most recent blood test shows that your blood sugar level is slightly elevated. We wanted to contact you because people who have persistently elevated sugars may be at risk of developing diabetes in the future.

The good news is that making some important **lifestyle changes** including managing your weight, diet and increasing your physical activity can help delay or prevent diabetes.

Take the first important step by **REGISTERING** in the **Diabetes Prevention Clinic** where you will receive education and coaching to **help keep diabetes away**.

Please call (212) 686-7500 Extensions 5700, 5730 or 5760 to make an appointment for the Diabetes Prevention Clinic.

For more information please contact:

Michael Bergman, MD, FACP (Acting Section Chief, Endocrine Division)

Marisa Wallace, DNP - Ext: 4780

Joyce Lusan, RN, CDE - Ext: 4529

Thank you for your interest in fighting diabetes!

Medical Centers

Brooklyn Campus
800 Poly Place
Brooklyn, NY 11209
(718) 836-6600

New York Campus
423 E. 23rd Street
New York, NY 10010
(212) 686-7500

Community Living Center

St. Albans Campus
179-00 Linden Blvd.
Jamaica, NY 11425
(718) 526-1000

Healthcare Centers

Chapel Street Center
40 Flatbush Avenue Ext.
8th Floor
Brooklyn, NY 11201
(718) 439-4300

Harlem Center
55 W. 125th Street
11th Floor
New York, NY 10027
(212) 828-5265

Staten Island Center
Southport Plaza
1150 South Avenue
3rd Floor – Suite 301
Staten Island, NY 10304
(718) 761-2973



Dear Veteran,

Please take the attached **Prediabetes Screening Test** to find out if you are at risk for developing **Diabetes**. Serious complications caused by diabetes are heart disease, stroke, kidney damage, nerve damage, vision loss and amputations.

The good news is that making some important **lifestyle changes** including managing your weight, diet and increasing your physical activity can help delay or prevent diabetes.

After you take the attached screening test, please discuss your results with your primary care provider, the Diabetes Nurse Practitioner (Marisa Wallace), or the Diabetes Nurse Educator (Joyce Lusan).

If your results show that you are at risk, take the first important step by **REGISTERING** in the **Diabetes Prevention Clinic** where you will receive education and coaching to **help keep diabetes away**.

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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
Total Score		

At-Risk Weight Chart

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:

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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:

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Surgical History:

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Medications:

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SUPPLEMENTARY DATA

Allergies:

Family History:

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Mother:

Father:

Siblings:

Children:

Other relatives:

Review of Systems:

General

Skin:

HEENT:

Respiratory:

Hematologic:

Cardiovascular:

Endocrine:

Gastrointestinal:

Urologic:

Psychiatric:

Neurologic:

PHYSICAL EXAM:

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:

Problem List:

Assessment/Plan

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

RD referral