


Complications Screening in Type 1 Diabetes

EVERY THREE MONTHS:

Weight




Height



Measure HbA1c


Target is <7.5%
(58 mmol/mol)

ANNUALLY:




Blood pressure

- please see table on the right side




Eyes

- Visual acuity
- Retinopathy
- Cataract



Feet

- Light touch and/or monofilament
- Tuning fork



Kidneys

- Urinary protein (microalbumin)
- Serum creatinine

Other

- **Blood lipids:** From 12 years of age, if normal screen every 5 years.
- **Thyroid function:** If possible, at diagnosis and then every 2 years.
- Also consider screening for **Coeliac Disease**.

These readings represent the lower limits for abnormal blood pressure readings according to age and gender. Any reading greater to or equal to these readings require further evaluation by a physician.

Age in years	Blood Pressure, mmHg			
	Male		Female	
	Systolic	Diastolic	Systolic	Diastolic
3	100	59	100	61
4	102	62	101	64
5	104	65	103	66
6	105	68	104	68
7	106	70	106	69
8	107	71	108	71
9	109	72	110	72
10	111	73	112	73
11	113	74	114	74
12	115	74	116	75
13	117	75	117	76
14	120	75	119	77
15	120	76	120	78
16	120	78	120	78
17	120	80	120	78
18	120	80	120	80