



## **Diabetic Retinopathy Control Checklist:**

1. **Hb A1C** at or under 7%
2. Hypertensive patients with diabetes need a **BP** of **125/80** or better
3. **Cholesterol** needs to be under control
4. **Sleep Apnea** needs to be ruled out
5. **Anemia** needs to be ruled out = hemaglobin needs to be above 11
6. **Proteinuria** (albuminuria) needs to be ruled out via urine testing  
>300 = albuminuria
7. **BMI** (body mass index) less than 30
8. Stop **smoking**
9. **Vasculitis** (rule out gum disease with a dentist, leg ulcers, gastritis and urinary tract infections)
10. **Vitamin D** deficiency needs to be ruled out
11. Rule out **Vitamin B12** deficiency yearly if diabetic patient on metformin
12. **Sleep** at least 8 hours
13. **Stress** needs to be reduced
14. Get **Immunized**
15. **Hyperhomocysteine** ruled out