Rideview Medical Center’s award-winning network includes several specialty care clinics, including dermatology, gastroenterology, endocrinology,* oncology/hematology, orthopaedics, otorharyngology, podiatry, pulmonology and rheumatology—keeping you closer to home when you need to see a specialist.

Rideview’s specialty practices are located at select clinic locations as well as at Rideview’s campus in Waconia.

**Two Twelve Medical Center**
111 Hundertmark Road, Chaska

**Ridgeview Professional Building**
560 S. Maple Street, Waconia

**Ridgeview Medical Place**
490 S. Maple Street, Waconia

For more information about specific physicians, locations and clinic hours, visit Rideview’s Web site at www.ridgeviewmedical.org or call (952) 442-8083.

*Endocrinologist sees patients in Chaska and Waconia. Please call (952) 361-2450.*
At Ridgeview Clinics, we continually strive to improve the care for our patients with diabetes. Research has demonstrated receiving care from a diabetes team will more effectively help you maintain your health and avoid complications.

As you know, diabetes poses lifestyle challenges. While a healthy diet and regular exercise are important for all of us, they are even more important for individuals with diabetes. Most individuals with diabetes will require medications not only for their diabetes, but also to control their blood pressure and cholesterol.

Ridgeview’s recommended Diabetes Program standards of care are as follows:

**Diabetic visit:**
A diabetic visit should be scheduled with your provider between two and four times yearly.

**Hemoglobin A1C**
This simple blood test, which approximates an average blood sugar over the preceding three months, should be performed a minimum of twice yearly. Ideally, this value should be under 7.

**Microalbumin**
This is a test which measures protein in the urine. It helps determine how well your kidneys are functioning.

**Lipid profile**
This fasting test should be performed at least once yearly. Our goal is for your LDL (bad cholesterol) to be less than 100 and optimally under 70.

**Foot checks**
A monofilament, a firm piece of nylon to evaluate the sensation in your feet, is used to screen for diabetic neuropathy.

**Dilated eye exams**
You should have your eyes thoroughly evaluated by your eye care provider at least once each year. Diabetes is a leading cause of blindness and through screening and by keeping your diabetes under good control, you can significantly decrease this risk.

**Accredited diabetes education**
You will be referred to a Ridgeview Regional Diabetes Education Collaborative educator. Per insurance coverage, newly diagnosed diabetics can generally be seen for up to 10 hours of education during the first year. Established diabetics are usually covered by their insurance for one to two hours of consultation yearly to help stay on track and current with advances in care.

**Blood pressure**
This is checked and documented each visit to ensure you are within the recommended range of less than 130/80.

**Aspirin**
Aspirin is recommended for patients with Type II diabetes who are over the age of 40. Sometimes other blood thinners are substituted for aspirin, and there are occasionally conditions which will not allow you to take aspirin.

**Smoking**
It is best for many health reasons to not use tobacco. We will assist you in quitting.

Ridgeview Clinics have a reminder system to assist you in your diabetic care. While we don't wish to burden you with unnecessary appointments, our main goal is to provide you with the best diabetes care possible.