

Manage Your Diabetes



Diabetes means that you have too much sugar (glucose) in your blood. High blood sugar levels can lead to serious health problems. Keeping your blood sugar under control is very important. Use this document to help manage your diabetes and understand what to do when your levels rise too high or low, as directed by your doctor.

Blood Sugar (Glucose) Goals



Your doctor or primary care provider will decide the blood sugar and A1c numbers that are best for you.

- **Fasting blood sugar 80-130 mg/dl**
This is the blood sugar level when I wake up in the morning before I eat or if I have not eaten for at least 8 hours. My fasting blood sugar goal is _____ mg/dl.
- **Post-meal blood sugar less than 180 mg/dl (1 to 2 hours after eating)**
My goal _____ mg/dl 2 hours after I eat a meal.
- **A1c test result less than 7 (for most patients)**
The A1c test is a blood test that measures my average blood sugar level over the past three months.
My A1c goal is _____.

The Good and The Bad

Good cholesterol = High-density lipoprotein (HDL)

Bad cholesterol = Low-density lipoprotein (LDL)



The ABCs of Diabetes*

A: A1c level less than 7

B: Blood pressure less than 140/90

C: Cholesterol

- Total less than 200
- LDL less than 100
- HDL greater than 40 (men)
- HDL greater than 50 (women)
- Triglycerides less than 150

Five Things You Can Do Everyday



1. Eat healthy meals.
2. Move your body more and sit less.
3. Check your blood sugar.
4. Take your medications.
5. Check your feet.

*Information from American Diabetes Association, Standards of Medical Care in Diabetes and American College of Cardiology, Report of the American College of Cardiology/American Heart Association Task Force. Available at http://care.diabetesjournals.org/content/40/Supplement_1/S4 and <https://www.acc.org/guidelines/hubs/high-blood-pressure>.