



Tips to Control Your Glucose Level

- Maintain a healthy weight
- Get 30 minutes of physical activity 3-5 days/week. Helps your body use insulin more efficiently.
- Don't skip meals and eat at regularly scheduled times to keep your glucose steady.
- Avoid sugary, fatty & processed foods. READ food labels!
- Eat fresh vegetables, whole grains, nuts, avocados and fish.
- Limit calories & saturated fat in your diet.

Hemoglobin A1C & Glucose

HEMOGLOBIN A1C gives you a picture of your average blood glucose (blood sugar) control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working.

In some ways, the A1C test is like a baseball player's season batting average, it tells you about a person's overall success. Neither a single day's blood test results nor a single game's batting record gives the same big picture.

GLUCOSE is one of the most important carbohydrates in the body. It's most important function is to provide energy by transporting sugar in your blood. Abnormally high levels of glucose can lead to serious health problems, including diabetes.

Diabetes is diagnosed when your body does not produce or properly use insulin, a hormone that is needed to convert sugar, other food into energy and help glucose get into your body's cells.

Type 1 Diabetes results from the body's failure to produce insulin. When this occurs, your body is not able to produce energy. Since insulin is essential for normal metabolism, people with Type 1 Diabetes need to constantly monitor and control their blood glucose levels with insulin injections.

Type 2 Diabetes results from your body's failure to use insulin correctly. This type of diabetes is most common and often referred to as the milder form of diabetes. Since people with Type 2 Diabetes can still produce some insulin, glucose levels can usually be managed by a controlled diet and oral medications.

Pre-Diabetes is a condition that occurs when a person's blood glucose levels are higher than normal, but not high enough to indicate Type 2 Diabetes.

What Your Numbers Mean

A1C CHART

	A1C Number
Normal	6 or less
GOAL	7 or less
TAKE ACTION*	8 or more

BLOOD GLUCOSE CHART

Mg/DL	Fasting	After Eating	2-3 Hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200+

*If your A1C is greater than 8, you should contact your Physician to discuss a possible treatment plan.

Your A1C Results

Your Blood Glucose Results