



## SIMPLE TIPS

## NUMBERS THAT CAN IMPROVE YOUR LIFE



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*People with diabetes can improve their lives by controlling four important numbers – blood glucose, A1C, blood pressure, and cholesterol. By managing these four numbers, complications such as heart disease, kidney disease, and vision loss can be significantly reduced.*

### 1) Manage Blood Glucose

- Regular self monitoring allows you to make day-to-day treatment decisions in your medications, food plan, and exercise routine.
- Target blood glucose goals for adults: 70-130 before meals and less than 180 two hours after meals.

### 2) Monitor A1C

- Measures average blood glucose over the past 2-3 months
- Should be tested at least 2 times a year and more often if recommended by your healthcare provider
- Target A1C goal: below 7%
- Test your A1C at home using Bayer's A1CNow® SELFCHECK which can be used between physician visits, with results in 5 minutes.

### 3) Control Blood Pressure

- Blood pressure should be measured at least every physician visit or at least 2-4 times per year.
- Target blood pressure goal: below 130/80

### 4) Manage Cholesterol

- Cholesterol levels should be monitored every year or more often as needed.
- Target cholesterol goals: total cholesterol below 200, LDL (bad cholesterol) below 100, HDL (good cholesterol) above 40 for men and above 50 for women, triglycerides below 150.



