

NUMBERS THAT CAN IMPROVE YOUR LIFE

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.

Managing your numbers helps you stay healthy and feel your best. Discuss your individual goals with your healthcare team. If you are not meeting these goals then work together to make changes in your medications, food plan or exercise routine.

“As a diabetes educator, I believe all people with diabetes can improve their lives and reduce the risk of long-term complications by controlling these numbers. You have the power to improve your life.” – Missy Mauderer, RN, CDE

Improving your numbers -- now that's a simple win!

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References: American Diabetes Association, Clinical Diabetes, Diabetes Care