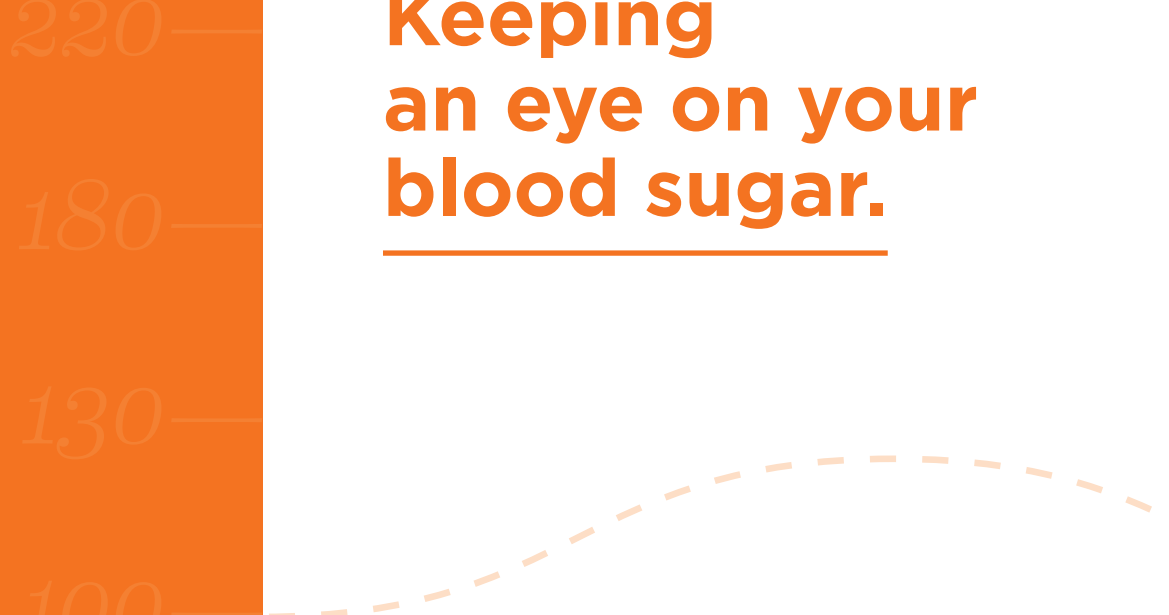


Keeping an eye on your blood sugar.



Diabetes is diagnosed when your blood sugar is too high. Did you know your blood sugar level changes throughout the day? It's affected by food, activity, medication, and other factors, like stress. To reduce the risk of serious complications, the goal of all diabetes treatment is to keep your blood sugar in a healthy range—not too high and not too low.

Testing with a meter at key times is an easy way to see:

- If your food and activity choices are working to keep your blood sugar in range—or not
- How well diabetes medications are working to keep your blood sugar in control
- How illness and emotions, like stress, affect your blood sugar



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Knowing if your blood sugar is high or low, and why, means you can take action to help get it back in range.

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Knowing that your blood sugar is in range lets you get on with what you do best.

What happens after you're diagnosed?



Once you've been diagnosed with diabetes, your healthcare professional may arrange several diabetes tests. If you haven't had these tests or don't understand what the results mean, be sure to raise the subject at your next office visit.

<i>Diabetes test</i>	<i>Why?</i>	<i>How often?</i>	<i>Goals</i>
A1C test (glycosylated hemoglobin test)	To check your long-term blood sugar control	At least 2 to 4 times a year	<7%*
Complete foot exam	To check for sores or infections	Every office visit Daily at home	Healthy tissue and normal circulation*
Blood pressure	A blood pressure reading above 130/80 should be treated	Every visit	<130/80 mm Hg
Lipid profile	High amounts of bad cholesterol (LDL), low amounts of good cholesterol (HDL), and other lipids in your blood may increase your risk of heart disease	At least once a year	LDL* <100 mg/dL [†] Triglycerides* <150 mg/dL HDL* Women >50 mg/dL; Men >40 mg/dL Total cholesterol <200 mg/dL
Kidney function	To check for early signs of kidney problems	At least once a year	Microalbumin Normal Serum creatinine Normal
Dilated eye exam	To check for changes in blood vessels in your retina	At least once a year	Normal*

*American Diabetes Association. Standards of Medical Care in Diabetes – 2011. *Diabetes Care*. 2011;34(suppl 1):S11-S61.

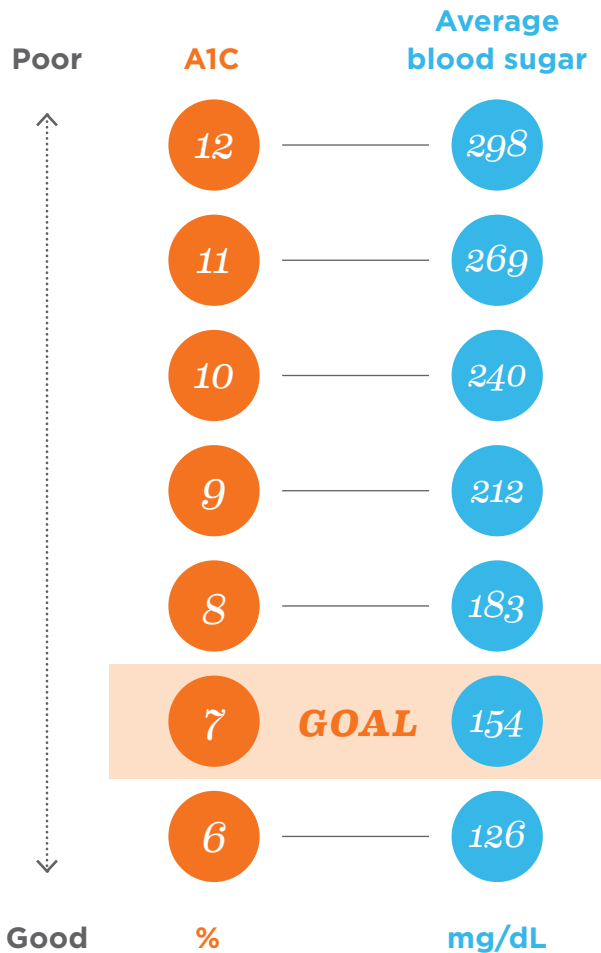
†<70 mg/dL for individuals with heart disease.

How blood sugar testing fits in.

Your healthcare professional uses an A1C test to see what your average blood sugar level has been over the past 2 to 3 months. But your A1C result does not show the daily effects of food choices and activity.



Testing with a meter is the best way to see the immediate effects of factors like food choices on your blood sugar, so you can take action to bring high or low blood sugar back into range. Your healthcare professional also relies on these results to assess your individual need for treatment adjustments.



This chart shows how your A1C result is linked to blood sugar levels.*†

If your A1C goal is 7%, your average blood sugar is around 154 mg/dL.

But A1C and blood sugar averages do not reflect changes in blood sugar throughout the day. That's why regular testing with a meter is recommended.

7% is the recommended A1C goal for most people with diabetes.

*Based on plasma glucose. If your meter measures whole blood, average blood sugar numbers may differ.

†American Diabetes Association. Standards of Medical Care in Diabetes – 2011. *Diabetes Care*. 2011;34(suppl 1):S11-S61.