

Know your numbers

Be an active participant in your diabetes care

You are the most important member of your diabetes care team. Take an active role on your team so you can make sure your plan works for you. (It's okay—your diabetes care team wants you to be an active part of the team.)

Your goals are set just for you

Like your diabetes care plan, your goals are just for you. The goals shown here are recommended by the American Diabetes Association for many adults with diabetes. Talk to your diabetes care team about your personal goals.

A1C and daily blood sugar levels

- At least 2 to 4 times a year, have your A1C level checked
- The A1C test measures your average blood sugar over the last 2 to 3 months
- The chart on the right shows how A1C relates to the estimated average blood sugar level
- The A1C goal for many adults with diabetes is less than 7%. Your diabetes care team will set a goal just for you
- Decide with your diabetes care team how often you should check your blood sugar each day
- Blood sugar goals for many adults with diabetes are as follows:

Goals for many adults with diabetes	
Blood sugar before meals	80-130 mg/dL
Blood sugar 1-2 hours after the start of a meal	Less than 180 mg/dL
A1C	Less than 7%

How A1C relates to the estimated average blood sugar level

A1C Levels	Average Blood Sugar
12%	298 mg/dL
11%	269 mg/dL
10%	240 mg/dL
9%	212 mg/dL
8%	183 mg/dL
7%	154 mg/dL
6%	126 mg/dL

The American Diabetes Association recommends an A1C of less than 7%.

Know your numbers

Diabetes Care Checklist

Diabetes cannot yet be cured. But it can be managed. One part of managing your diabetes is knowing your numbers. Fill in your numbers on this checklist.

A1C and daily blood sugar levels



Your A1C and daily blood sugar goals

Blood sugar before meals:

Blood sugar 1-2 hours after the start of a meal:

A1C:

Blood pressure

- Every time you visit the doctor, get your blood pressure checked
- Goal is less than 140/90 mm Hg for many adults with diabetes



Your blood pressure goal:

Cholesterol

- At least once a year, have your blood cholesterol checked
- Below are the goals for many adults with diabetes

HDL ("good") cholesterol

- Men More than 40 mg/dL
- Women More than 50 mg/dL

Triglycerides

Less than 150 mg/dL



Your cholesterol goals:

HDL

Triglycerides

Eye exam

- Once a year, get a dilated and complete eye exam by an eye care specialist
- Make sure your exam results are sent to your diabetes care team. They should be part of your medical record
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision

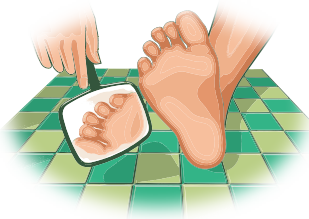


Date of your next eye exam:



Feet

- Once a year, get a complete foot exam by your doctor. Get a complete exam during every visit if you have problems with your feet, like loss of feeling, changes in the shape of your feet, or sores (foot ulcers)
- Take your socks and shoes off during every office visit
- At home:
 - Check your feet every day for any sign of injury
 - Inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin
 - Tell your doctor about any injury that does not heal
 - Wear shoes and socks that fit well. Do not go barefoot



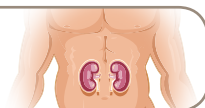
Date of your next complete foot exam:

Kidneys

- Once a year, have your urine and blood tested
- Keep your blood sugar levels and blood pressure as close to your goal as possible



Date of your next kidney exam:



Dental exam

- Ask your diabetes care team how often you should have a dental exam

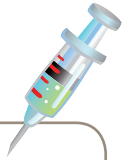


Date of your next dental exam:



Immunizations

- Get a flu shot once a year
- Ask your diabetes care team if you need shots for pneumonia or hepatitis B



Date of your next immunizations:

Quit smoking

- It is really important to stop smoking if you have diabetes
- Here are some steps to help:
 - Decide on a quit date (choose a time when you won't be too stressed)
 - Reward yourself for every successful nonsmoking day
- For free help, call 1-800-QUIT-NOW (1-800-784-8669) or visit smokefree.gov



Your quit date:

Know your numbers

Diabetes care plan

Ask questions about your diabetes care plan, and make sure you know what steps you need to take. Check the boxes below when you complete each step of your plan.

- A plan for how and when to check your blood sugar
- A plan for when to take your diabetes medicines
- A schedule for regular health check-ups
- Ways to deal with stress
- A physical activity plan
- A meal plan
- A plan for meeting other health goals (such as managing blood pressure and cholesterol)



American Diabetes Association. Standards of medical care in diabetes—2015. *Diabetes Care*. 2015;38(suppl 1):S1-S93.

For more information, visit
Cornerstones4Care.com

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