

Name

Year

A1C

- The HbA1c test lets us know if your blood sugar was under control in the last 3 months.
- All** people with Diabetes should have their HbA1C test done every **3-6 months**
- The goal of treatment for most individual with Diabetes is **7%**
Talk to your provider about an A1c goal that is right for you
- A **high** A1c numbers indicates high risk for developing diabetes related complications

Date of A1c test				
My Result				

BP

- High blood pressure is a common condition found in people with Type 2 Diabetes
- The **goal** BP for most people with Type 2 Diabetes in **130/80**
Talk to your provider about a BP goal right for you
- High Blood Pressure increases risk of heart and kidney disease

Date Checked				
My Reading				

Cholesterol

- People with type 2 Diabetes tends to have lower good cholesterol (HDL) and higher bad cholesterol (LDL) and fats (Triglycerides)
- High** LDL and Triglycerides levels cause a build up of fatty deposits in blood vessels increasing risk of **strokes** and **heart disease**

Date Checked	GOAL			
My total Cholesterol	<4.5			
My HDL number	>1.0 (Men) > 1.2 (Women)			
My Triglyceride number	< 1.7			
My LDL number	<1.8			

> = more than , < less than