

- It is important to do self blood glucose tests daily AND get an A1C test every 3-6 months at your doctor's office.
- Knowing your results from BOTH tests will help you keep your diabetes in good control.
- The table below shows you how the results from each test compare to each other.



“GOT SUGAR?”

Know Your Numbers

A1C and Blood Glucose Levels	
If your A1C is:	Then your average blood glucose is around:
6.0%	120
7.0%	150
8.0%	180
9.0%	210
10.0%	240
11.0%	270

Aim for these numbers!

Controlling your diabetes can help you feel better and stay healthy!

Keeping your blood sugar close to normal reduces your chances of having health problems caused by diabetes — like foot problems and eye, heart, and kidney disease.

In order to control your diabetes, you need to know your blood sugar numbers and your target goals.

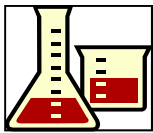
Use this guide to help you control your diabetes!



For more information please contact:

The Institute for Urban Family Health
Bronx Health REACH
16 East 16th Street
New York, NY 10003
Phone: 718-588-1235





There are two different tests to measure your blood glucose:



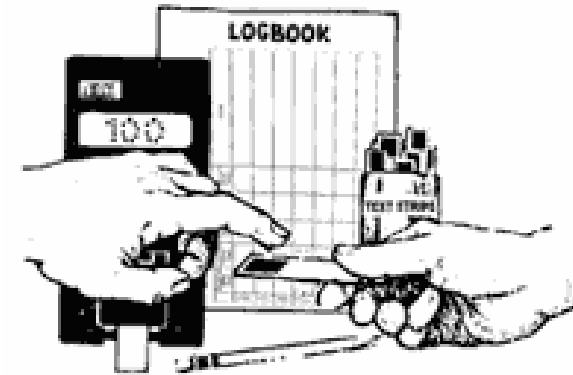
1. A1C Test (pronounced A-one-C):

- This test measures your average blood glucose level over the past 3 months.
- It is the best way to know your overall blood glucose control during this period.
- The doctor needs to take a small blood sample to test your A1C.
- The test will show if your blood glucose numbers have been close to normal or too high.
- The higher the amount of glucose in your blood, the higher your A1C result will be.
- For most people, a good A1C goal is less than 7%.
- If your number is higher than 8% , ask your doctor about changing your treatment plan to bring your A1C number down.

Level of Control	A1C Result
Normal	6% or less
Goal	7% or less
Take Action	8% or more

2. Self Blood Glucose Test:

- You do this test yourself using a drop of blood and a meter. It measures your blood glucose level at the time you check it.



- It helps you understand how certain foods, physical activity, and medicine affect your blood sugar.
- Self-tests are usually done before meals, 2 hours after meals, and at bedtime. Ask your doctor how often you should test.

Testing Time	Target Values for People with Diabetes
Before Meals	80-120
2hrs After Meals	<180
At Bedtime	110-150