

Knowing your Blood Sugar Numbers is Key to Controlling Diabetes

It's a good habit to check your blood sugar regularly.

Your doctor wants you to take charge of your diabetes so you will feel good and stay active. Diet and exercise are only part of the process. You also want to make sure your blood sugar is under control.

Measuring your blood sugar lets you learn how daily events, such as meals, medication and physical activity, affect your blood sugar level at any point in time. You can answer questions like, "What happens to my blood sugar when I am sick?" or "How does my blood sugar react when I exercise?" When you know your numbers, you'll know how your treatment plan is working, and whether you and your doctor will need to make any changes.

Checking your numbers as directed is the best way to keep the right amount of sugar in your blood. Research shows this may reduce the risk of long-term complications, such as eye disease, kidney disease and nerve damage, while helping you enjoy the lifestyle you want.

Checking your blood sugar: Common questions. Common sense answers.

- *Who should check their blood sugar?*

The American Diabetes Association recommends that self monitoring blood sugar for anyone with diabetes is useful in achieving blood sugar goals. Regular tests are an important part of self-care that can make it easier to manage your condition.

- *Why is it important to check my blood sugar?*

Sugar (or glucose) is a component of your blood. With diabetes, your body does not make enough insulin to process the sugar, which causes the sugar to build up in your blood. If too much or too little sugar is present in your blood, you could feel sick. High blood sugar increases your risk of developing other serious, long-term health problems.

- *When should I check my blood sugar levels?*

Your doctor or nurse will develop a schedule that's best for you. This might include checking before and after you eat, at bedtime or when you think you may have low blood sugar. Talk to your care team about your lifestyle and daily activities, so that they can create a plan that is right for you. How often blood sugar needs to be checked varies by individual. You may need to test more frequently if you are sick, experiencing stress or if your daily routine changes.

- *What is my blood sugar target range?*

Each person's needs are unique. Talk with your doctor and diabetes care team about your individual goals. The American Diabetes Association recommends 90–130 mg/dL before meals and less than 180 mg/dL after meals.

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Knowing Blood Sugar Numbers

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• *How should I properly perform my blood sugar test?*

1. Wash and dry your test site, usually your fingertips.
2. To bring a supply of blood to your fingertips, swing your hand along your side, or rub the test site until it's warm.
3. For the best blood sample and least pain, avoid using a spot very close to your fingernail bed, or in the center of your fingertip.
4. Prepare your lancing device with a fresh lancet. Cock your lancing device. Place the lancing device on your skin. Do not press into the skin.
5. Press the release button while you continue to hold the device against your skin.
6. Lift the lancing device straight up so your blood sample isn't smeared.
7. Bring the test strip to the blood sample.
8. Your blood sugar reading will take up to 30 seconds, depending on the meter you use.
9. Write your reading in your blood sugar record book.
10. Talk with your doctor and nurse about your blood sugar numbers.

• *What is the A1C test, and why do I need it?*

The Hemoglobin A1C test (or just "A1C") is a simple lab test that measures your average blood sugar level over the last 2 to 3 months. While your daily checks indicate how your blood sugar level changes throughout the day, the A1C gives you a long-term picture so your doctor will know how well your treatment plan is working over time. It is important to have an A1C test at least twice a year.

• *What are the ABCs to managing my diabetes?*

A1C TARGET Less than 7%
BLOOD PRESSURE TARGET Less than 130/80 mmHg
CHOLESTEROL TARGET LDL: Less than 100 mg/dL HDL: Men over 40 mg/dL, Women over 50 mg/dL Triglycerides: Under 150 mg/dL

The recommended target goals, according to the American Diabetes Association, are listed in this chart. Your doctor will help you tailor these goals to your own specific needs.

Checking your blood sugar doesn't have to impact your lifestyle.

Sure, it may take some adjustment. But measuring your blood sugar doesn't have to be inconvenient. In fact, it should be as automatic as brushing your teeth. Keeping regular tabs on your blood sugar level is one of the most important commitments you can make to your body. By understanding your numbers and how to control them, diabetes can be a manageable condition that won't get in the way of an active life.

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CLIP & SAVE

Diabetes Management Schedule

At every visit:

- Have blood pressure, weight, and feet checked
- Review blood sugar records and medications
- Talk with your doctor about your questions and targets
- Get any referrals you need to help you manage your health

Twice a year:

- Have your A1C measured
- See your dentist

Once a year tests/procedures:

- Cholesterol – lipid profile
- Urine test of kidney function
- Dilated eye exam
- Complete foot exam
- Flu shot
- Diabetes education and diabetes nutrition counseling

CLIP & SAVE

My ABC Targets

A1C: _____

Blood Pressure: _____

Cholesterol – Lipid profile:

LDL Cholesterol _____

HDL Cholesterol _____

Triglycerides _____

Target ABC Numbers for Diabetes (American Diabetes Association):

A1C: under 7%

Blood Pressure: under 130/80 mmHg

Cholesterol — Lipid profile:

- LDL Cholesterol: under 100 mg/dL
- HDL: Men over 40 mg/dL, Women over 50 mg/dL
- Triglycerides: under 150 mg/dL

Medicare Part B patients: Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.

Web site: www.RxSolutions.com/diabetes

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