



KNOW YOUR GOALS BY THE NUMBERS

Laboratory Tests in Diabetes	Range	My Test Results	My Near-Term Goals (6 months)
Fasting plasma glucose (measure of blood sugar)	90-130 mg/dL	_____mg/dL	_____mg/dL
A1C (measure of blood sugar over 3 months)	6-8%	_____%	_____%
Cholesterol	160-200 mg/dL	_____mg/dL	_____mg/dL
HDL cholesterol	45-60 mg/dL (men)	_____mg/dL	_____mg/dL
	55-60 mg/dL (women)	_____mg/dL	_____mg/dL
LDL cholesterol	60-100 mg/dL	_____mg/dL	_____mg/dL
Triglycerides	10-150 mg/dL	_____mg/dL	_____mg/dL
Blood pressure	Below 130 mmHg (Systolic)	_____mmHg	_____mmHg
	Below 85 mmHg (Diastolic)	_____mmHg	_____mmHg

Additional Recommendations:

- Don't miss any office visits and have your feet examined each visit
- Follow the meal plan recommended by your health care provider
- A dilated eye exam is recommended annually
- Begin a regular exercise program
- Measure your blood sugar at home
- Discuss having an annual urine test to measure microalbuminuria to detect possible kidney complications
- If you are a smoker, seriously consider quitting
- Get a flu shot every fall before the flu season begins
- If you are taking medicine in addition to diet and exercise, follow your health care provider's instructions exactly



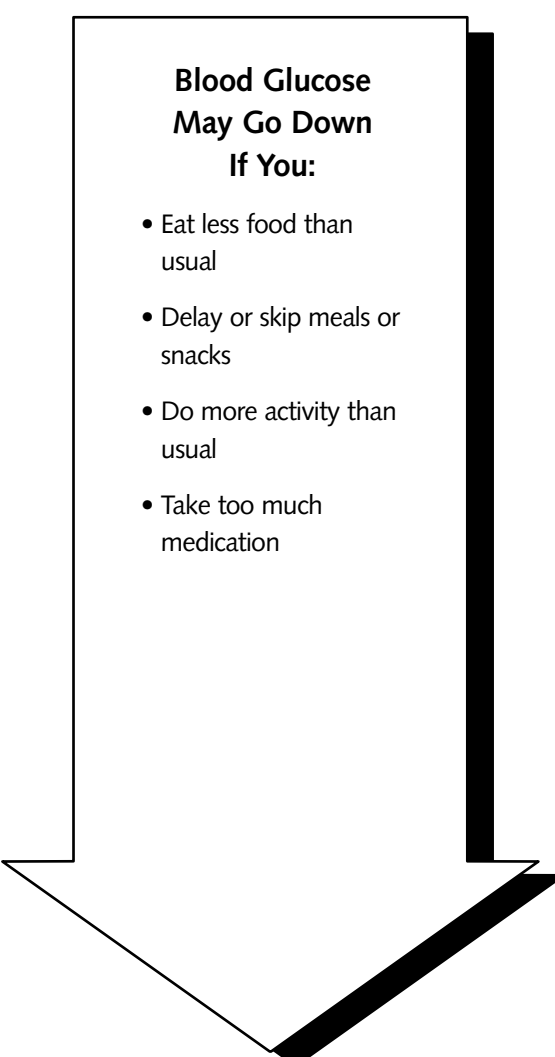
WHAT MAKES BLOOD SUGAR CHANGE?

Self-monitoring blood glucose is an important step in controlling diabetes and avoiding the risks of complications. As you try to control your blood sugar, be aware of the things that can change it.



Blood Glucose May Go Up If You:

- Have an infection or other illness
- Take other medications that affect blood sugar
- Use insulin after the expiration date
- Use insulin that has been stored improperly
- Eat more food than usual
- Do less activity than usual
- Skip or miss doses of diabetes medication
- Use diabetes medicine that your doctor needs to change



Blood Glucose May Go Down If You:

- Eat less food than usual
- Delay or skip meals or snacks
- Do more activity than usual
- Take too much medication

Adapted from: International Diabetes Center. Corporate Training Program. November 22-23, 1999;1-111. Page 96.