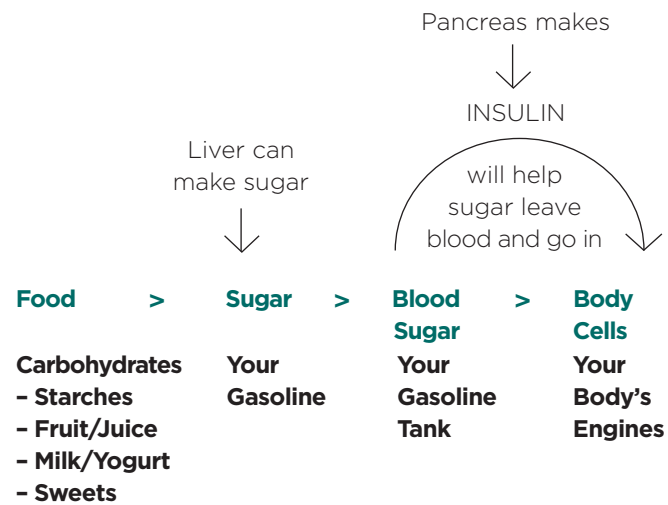


About Your Diabetes



Target Blood Sugars

Good Control

- Before meals: 70-130
- Two hours after meals: Under 180
- Never less than 70
- Hemoglobin A_{1c} under 7%

These levels are recommended by the American Diabetes Association.

Excellent Control

- Before meals: 70-110
- Two hours after meals: Under 140
- Never less than 70
- Hemoglobin A_{1c} under 6.5%

These levels are recommended by the American College of Endocrinologists.

Increased thirst and urination, blurry vision and a general tired feeling are common signs and symptoms of a high blood sugar, but you can have a high blood sugar and have no signs or symptoms.

Diabetes Control

Patterns	Food	Exercise	Medicine
If your sugar is staying HIGH	Too much food	Not enough exercise	Not enough medicine
If your sugar is staying LOW	Not enough food Eating late	Too much exercise	Too much medicine

Remember Your Health Checkups

- **Yearly dilated eye exam**
- **Yearly physical**
 - Blood pressure less than 130/80
 - Fasting cholesterol less than 200
 - HDL greater than 40 for men
 - HDL greater than 50 for women
 - LDL less than 100
 - Fasting triglycerides less than 150
 - Urine check for protein
- **Hemoglobin A_{1c} every three to six months** with your goal
 - less than 7 percent (good)
 - less than 6.5 percent (excellent)
- **Foot exam with each medical visit**
- **Dentist two times a year**

Outpatient Education

Diabetes classes and individual consultations are available. Please call to set up an appointment.



UNIVERSITY
HEALTH CARE SYSTEM
Diabetes Services

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About Your Diabetes

Helping You Take Control



