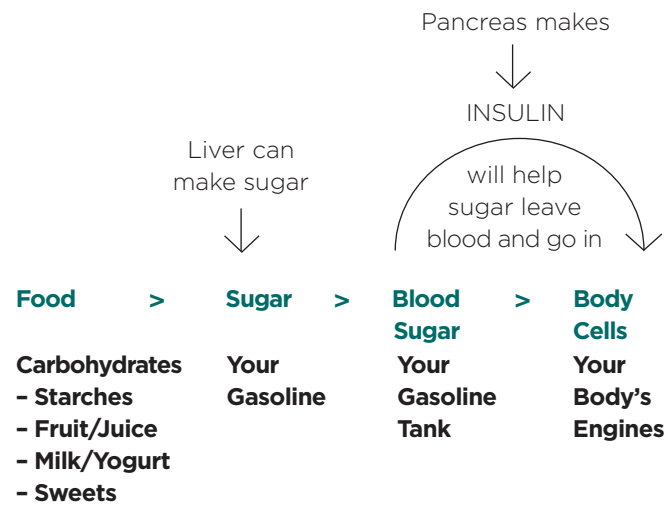


# About Your Diabetes



# Target Blood Sugars

## Good Control

- Before meals: 70-130
- Two hours after meals: Under 180
- Never less than 70
- Hemoglobin A<sub>1</sub>C 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<sub>1</sub>C 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
<b>If your sugar is staying HIGH</b>	Too much food	Not enough exercise	Not enough medicine
<b>If your sugar is staying LOW</b>	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<sub>1</sub>C 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



