

Talk with Your Doctor

What can I do to lower my A1c?

- Maintain blood sugar within acceptable range (80-120)
- Do home blood glucose testing regularly and keep records
- Have regular check ups with your health care team
- Find ways to manage stressful situations
- Stop smoking and/or avoid being around second hand smoke
- Get regular physical activity
- Eat a healthy balanced diet

YOUR ROLE IS IMPORTANT

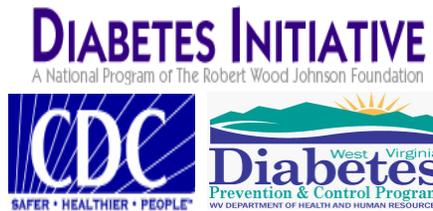
Set personal goals to control your diabetes and review and revise them often



Diabetes
Now What?

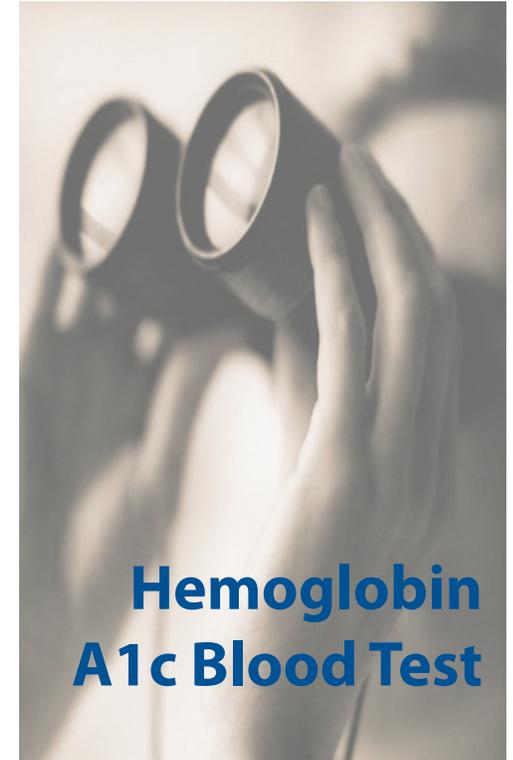
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Hemoglobin A1c Blood Test

*A self-assessment and
action planning guide
for people with diabetes*

What is the A1c test?

The Best Test of Blood Sugar Control for People with Diabetes - It's a simple lab test that shows the average amount of sugar that has been in a persons blood **over the last 3 months**. It tells you and your doctor if your blood sugar is close to normal or too high.

The A1c test is very important because lowering A1c levels by ANY amount improves a persons chances of staying healthy and helps delay or prevent serious eye, kidney and nerve problems.



RED ZONE - **STOP AND THINK**

- A1c greater than 9
- Average blood sugar over 210
- Most fasting blood sugars are over 200

YELLOW ZONE - **CAUTION**

- HbA1c between 7 and 9
- Average blood sugar between 150 - 210
- Most fasting blood sugars are under 200

GREEN ZONE - **GREAT CONTROL**

- A1c is under 7
- Average blood sugar is typically under 150
- Most fasting blood sugars are under 150

A1c QUIZ

1. **How often should your A1c test be done?**
 A. *At least twice a year*
 B. *Every 2 years*
 C. *Once a month*
2. **What should your A1c % be?**
 A. *10 %*
 B. *25%*
 C. *7% or less*
3. **You have to be fasting for an A1c test.**
 True False
4. **What can you do to improve your A1c?**
 A. *Eat balanced meals*
 B. *Be physically active*
 C. *Manage your stress*
 D. *All of the above*

What was your last A1c %?

When is your next A1c test due?

Quiz Answers:

1. A; 2. C; 3. False; 4. D