

The ABC's of Diabetes

Here are the current guidelines set by the American Diabetes Association:

- Plasma blood glucose:
Before a meal: 90-130 mg/dl **My goal**_____
- 1-2 hours after a meal: under 180 mg/dl **My goal**_____
- A1c: less than 7% **My goal**_____

A1c is a test that shows, in general, how your blood sugar has been over the past 2-3 months. The chart below shows how the A1c relates to those blood sugars from 2 to 3 months ago.

A1c Reading	4%	5%	6%	7%	8%	9%	10%	11%	12%
Blood Sugar	65	100	135	170	205	240	275	310	345

- Blood pressure: <130/80 **My goal**_____
- Cholesterol:
 - LDL (“bad cholesterol”): <100 mg/dl **My goal**_____
 - HDL (“good cholesterol”): >40 mg/dl **My goal**_____
 - (men)
 - >50 mg/dl **My goal**_____
 - (women)
 - Triglycerides: <150 mg/dl **My goal**_____

Your doctor may have different goals for **you**, so ask if you have not already talked about it.