

Your Personal Targets:

Blood Pressure

Cholesterol

Weight (BMI)

HbA1c

Blood sugar testing:

Fasting

2 hours after meals

Diet

Exercise

Smoking

Alcohol

Stay in control: Personal targets





HbA1c (Glycosylated Haemoglobin A1c)

An HbA1c is a test that shows your average blood sugar control over a 12 week period. You should discuss the result with your GP or practice nurse and decide whether your diet, activity or medication needs changing. You should have an HbA1c taken at your annual review, although it may be taken every 3 - 6 months if your medication is being altered or you are experiencing any problems.

Research has shown that keeping your HbA1c at a good level, for as long as possible, will reduce your risk of developing the complications of diabetes [Diabetic Control and Complications Trial (DCCT) and UK Prospective Diabetes Study (UKPDS)]. Diabetes is a progressive condition and HbA1c levels will eventually rise regardless of your lifestyle choices.

You should agree a personal target with your GP or practice nurse soon after diagnosis, and try to achieve that result as soon as possible, and for as long as possible.

HbA1c results are given as a percentage (%) in the chart below.

7.5% or more	<i>Poor control</i>
6.5 - 7.5%	<i>Borderline control</i>
6.5% or less	<i>Good control</i>

Reduced risk of complications

Nationally Recommended Targets:

HbA1c	Less than 6.5%
Blood pressure	Less than 130/80 Less than 125/75 (with renal problems)
Total cholesterol	Less than 4.0
HDL cholesterol	More than 0.9
LDL cholesterol	Less than 2.0
Triglycerides	Less than 1.7
Microalbuminuria	Negative
Home blood glucose monitoring	Fasting 4 - 7 2 hrs post-meals 4 - 9
Body Mass Index	Caucasian 20 - 25 Asian 22 - 24

If your triglycerides are more than 1.7, and your HDL is less than 1.0, this significantly increases your risk of heart disease. It is recommended that you discuss any concerns with your doctor or nurse, to agree your 'personal targets' (see over).

A DIABETES SPECIALIST NURSE IS LINKED TO EVERY GP PRACTICE.

If you would like to see a Diabetes Specialist Nurse make an appointment at your GP practice.