

# Manage Your Diabetes

Name \_\_\_\_\_

Date \_\_\_\_\_

Diabetes means that you have too much sugar (glucose) in your blood. High blood sugar levels can lead to serious health problems. Keeping your blood sugar under control is very important. Use this document to help manage your diabetes and understand what to do when your levels rise too high or low, as directed by your doctor.

## Blood Sugar (Glucose) Goals



**Your doctor or primary care provider will decide the blood sugar and A1c numbers that are best for you.**

✓ **Fasting blood sugar 80–130 mg/dl**

This is the blood sugar level when I wake up in the morning before I eat or if I have not eaten for at least 8 hours. My fasting blood sugar goal is \_\_\_\_\_ mg/dl.

✓ **Post-meal blood sugar less than 180 mg/dl** (1 to 2 hours after eating)

My goal is \_\_\_\_\_ mg/dl 2 hours after I eat a meal.

✓ **A1c test result less than 7**

The A1c test is a blood test that measures my average blood sugar level over the past three months. My A1c goal is \_\_\_\_\_.

## The ABCs of Diabetes<sup>1</sup>



- ✓ **A:** A1c level less than 7
- ✓ **B:** Blood pressure less than 140/90
- ✓ **C:** Cholesterol
  - Total less than 200
  - LDL less than 100
  - HDL greater than 40 (men)
  - HDL greater than 50 (women)
  - Triglycerides less than 150

## 8 Things You Can Do Everyday



- ✓ Do not smoke and avoid secondhand smoke.
- ✓ Follow your meal plan.
- ✓ Avoid alcohol.
- ✓ Exercise regularly.
- ✓ Check your blood sugar as directed by your doctor.
- ✓ Take your medications.
- ✓ Check your feet.
- ✓ Wear proper-fitting shoes.

Low-density lipoprotein (bad cholesterol) = LDL      High-density lipoprotein (good cholesterol) = HDL

1. American Diabetes Association, Standards of Medicare in Diabetes. [https://care.diabetesjournals.org/content/43/Supplement\\_1/S14](https://care.diabetesjournals.org/content/43/Supplement_1/S14)

2. American Diabetes Association, Understanding A1C. <https://www.diabetes.org/a1c>

3. American Diabetes Association, Foot Complications. <https://www.diabetes.org/diabetes/complications/foot-complications>

4. National Heart, Lung, and Blood Institute. Control the ABCs of Diabetes. <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Control-the-ABCs-of-Diabetes.pdf>

# Diabetes Safety Zones

Name \_\_\_\_\_

Date \_\_\_\_\_

## Green Zone: All Clear Zone ... *This is the safety zone if:*

- ✓ Your blood sugar is under control.
- ✓ You have no symptoms of low or high blood sugar.
- ✓ Your fasting blood sugar is between 80–130 mg/dl.
- ✓ Your blood sugar 1 to 2 hours after a meal is less than 180 mg/dl.
- ✓ Your A1c level is less than 7.



## Yellow Zone: Caution ... *This is the watch zone if you have:*

### Low blood sugar (hypoglycemia)

- ✓ Blood sugar less than 70 mg/dl.
- ✓ Symptoms: Shaky or dizzy, blurry vision, weak or tired, sweaty, headache, hungry, upset or nervous
- ✓ What to do?
  - Check your blood sugar (if possible).
  - Eat or drink something that contains sugar and follow with a meal.  
(For example: 3 packets or 1 tablespoonful of regular sugar, 4 glucose tablets, 4 pieces of hard candy, 4 ounces of fruit juice or regular [not diet] soda.)
  - Check your blood sugar again in 15 minutes. If it is still below 70 mg/dl, eat or drink something that contains sugar again.

### High blood sugar (hyperglycemia)

- ✓ Blood sugar more than 240 mg/dl.
- ✓ Symptoms: Thirsty all the time, blurry vision, need to urinate often, weak or tired, dry skin, often hungry, fruity smelling breath.
- ✓ New loss of feeling in both feet.
- ✓ What to do?
  - Call your doctor or primary care provider and tell him or her that your blood sugar is high.
  - Continue to take your medications.
  - Follow your meal plan.

**Call your doctor or with your blood sugar levels.  
You may need medication.**

Doctor's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_



## Red Zone: Medical Alert Zone ... *This is the danger zone if you have:*

- ✓ A blood sugar level greater than \_\_\_\_\_ mg/dl or less than \_\_\_\_\_ mg/dl,  
**call your doctor, 9-1-1, or go to the emergency room.**
- ✓ Doctor's Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_



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