

Eight Numbers

You need to know for Diabetes Management

* According to the American Diabetes Association Standards of Medical Care in Diabetes 2021.



Essential advice for people with diabetes from Roche Diabetes Care

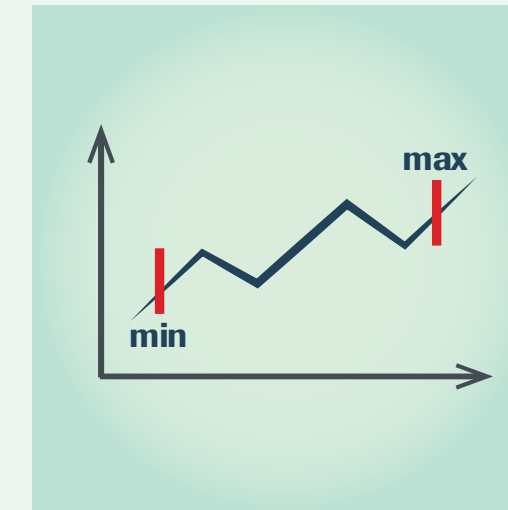
Why is it important to keep your numbers under control?

Diabetes self-management is a numbers game; it's not just about your blood sugar.

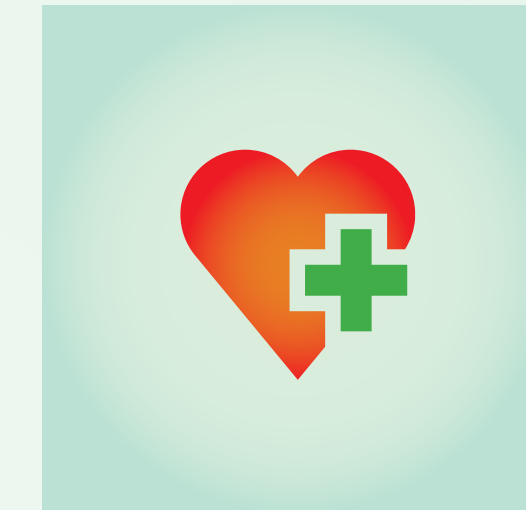
There are at least eight different numbers you should be familiar with to lower your risk of developing complications from diabetes.



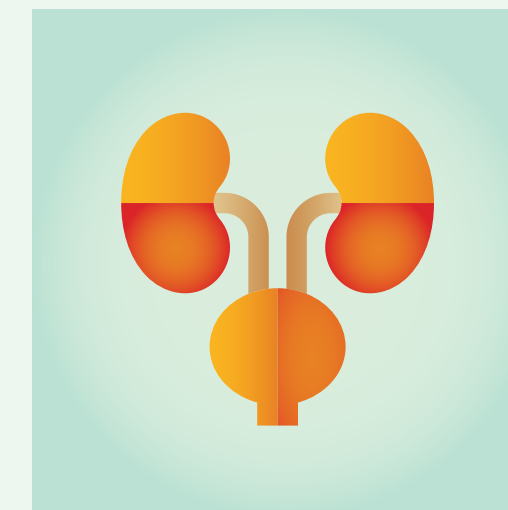
Keeping your numbers under control will help:



Lower your risk of hypoglycemia and hyperglycemia



Lower your risk of cardiovascular disease



Lower your risk of kidney problems



You avoid foot complications



Improve your quality of life



Blood Sugar Levels

Checking your blood sugar, also called blood glucose, is an important part of diabetes care.

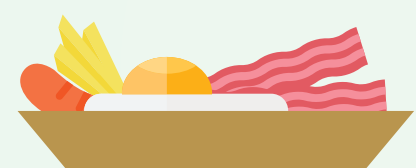
Why do I need to know my blood sugar levels?

Your blood sugar numbers show how well your diabetes is managed throughout the day.

What affects your blood sugar?



- Stress, sickness or illness



- Food



- Medication



- Physical Activity

How do I check my daily blood sugar?

You can use a blood glucose meter to check your blood glucose levels. This device uses a small drop of blood from your finger to measure your blood sugar level. Ask your healthcare professional how to use your blood glucose meter and how to record your result.

What are the recommended target blood sugar levels for people with diabetes?

The American Diabetes Association recommends the following targets for most non-pregnant adults with diabetes.

Fasting/before a meal	80-130 mg/dL (4.4 - 7.2 mmol/L)
Two hours after the start of the meal	less than 180 mg/dL (10 mmol/L)

- Blood glucose less than 70 mg/dL (3.9 mmol/L) is considered Hypoglycemia (low blood glucose).
- Blood glucose more than 180 mg/dL (10 mmol/L) is considered Hyperglycemia (high blood glucose).

How often should I check my blood sugar?

The number of times that you check your blood sugar depends on:

- The type of diabetes you have
- The type of medicine you take
- When you first wake up (fasting)

Recommended times for checking your blood sugar:*

- Before a meal
- 2 hours after a meal
- At bedtime

***Ask you healthcare professional what are your most suitable target blood sugar levels and how often to check.**

2

HbA1c

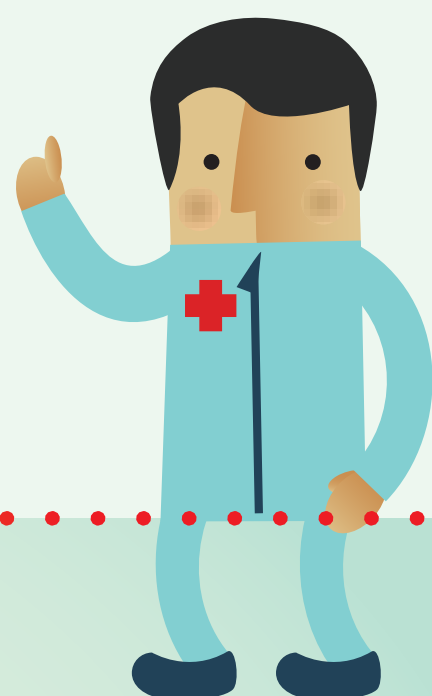
HbA1c tells you and your health care team your average blood sugar level over the past 2 to 3 months.

What is my HbA1c goal?

For many people with diabetes, the HbA1c goal is below 7%, but this will differ for every person. Discuss your individual HbA1c goal with your healthcare professional.

How often do I need an HbA1c test?

You need to test HbA1c at least 2 times a year.



- Check your blood sugar as many times a day as your health care team suggests.
- Keep a record of your numbers and share them with your healthcare professional during your visits.
- Work with your health care team and decide what changes you need to make to reach your blood sugar goals.

3

Blood Pressure

- It is important for people with diabetes to keep their blood pressure under control (below 140/90 mmHg). Stroke, heart disease and other complications are more likely to occur if your blood pressure is high.
- Solutions to keep blood pressure in range:



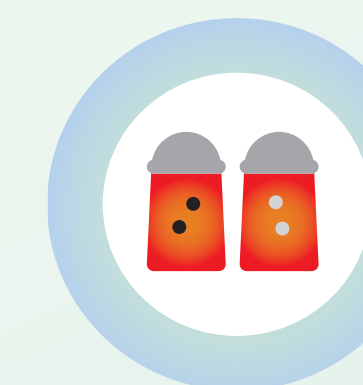
Taking high-blood pressure medication as prescribed



Managing weight



Increased physical activity, only moderate alcohol intake, and increased fruit and vegetable intake



Avoiding foods high in sodium (salt)

4

Cholesterol

High cholesterol is a risk factor for heart disease and it is important to keep it under control.

Total Cholesterol	<200 mg/dL (4.5 mmol/L)
LDL (low density lipoprotein) cholesterol	<100 mg/dL (2.6 mmol/L)
HDL (high density lipoprotein) cholesterol	> 40 mg/dL (1.1 mmol/L) for men > 50 mg/dL (1.3 mmol/L) for women
Triglycerides	< 150 mg/dL (1.7 mmol/L)

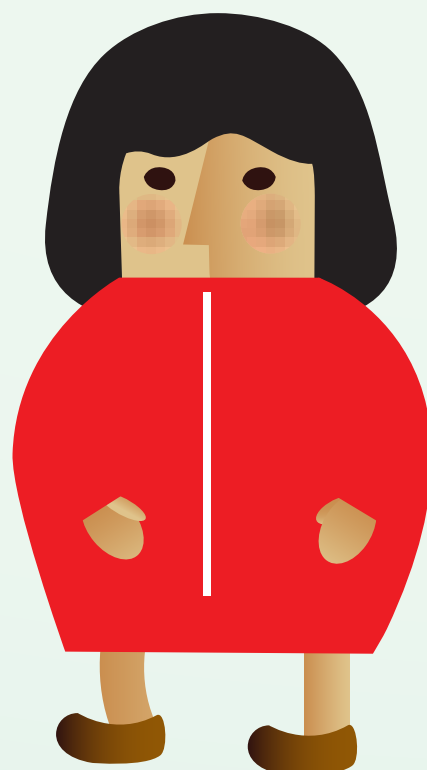


Smart Tip:

Eating avocado on a regular basis can raise your HDL - also known as good cholesterol

Remember to:

- Limit saturated fats found in meat, dairy products and fried food
- Eat more fish rich in Omega-3 e.g. salmon, mackerel
- Increase physical activity
- Eat more vegetables and fruits
- Take cholesterol reducing medication as directed



5

Weight and Waistline

Aiming for a healthy weight and waist circumference is very important. It's one of the most important determinant of cardiovascular outcomes.

Staying in range within the target BMI (Body Mass Index) can have significant improvement in your blood sugar and blood cholesterol.

You can use the following formula to calculate your BMI:

$$\text{BMI} = \text{Weight (kg)} / \text{Height (m}^2\text{)}.$$

Indicators of healthy weight:

- BMI of 18.6 – 24.9
- Waistline less than < 80 cm for women and < 94 cm for men

6

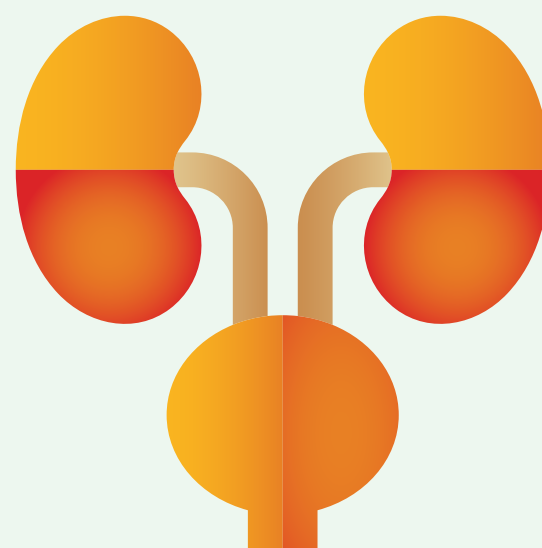
Kidney Function



Smart Tip: Make sure you drink enough water daily

Kidney damage is a common long term complication of diabetes. Microalbumin and creatinine are indicators of kidney function. A yearly microalbumin urine test to check for protein in your urine and a serum creatinine blood test to measure creatinine levels in your blood can tell your doctor if your kidneys are damaged and what is your risk of developing kidney failure in the future.

Normal levels vary according to age and body mass but generally: **Microalbumin < 30mg and Creatinine 0.8 - 1.2 mg/dL is considered normal.** Talk to your healthcare professional to agree on a normal target.



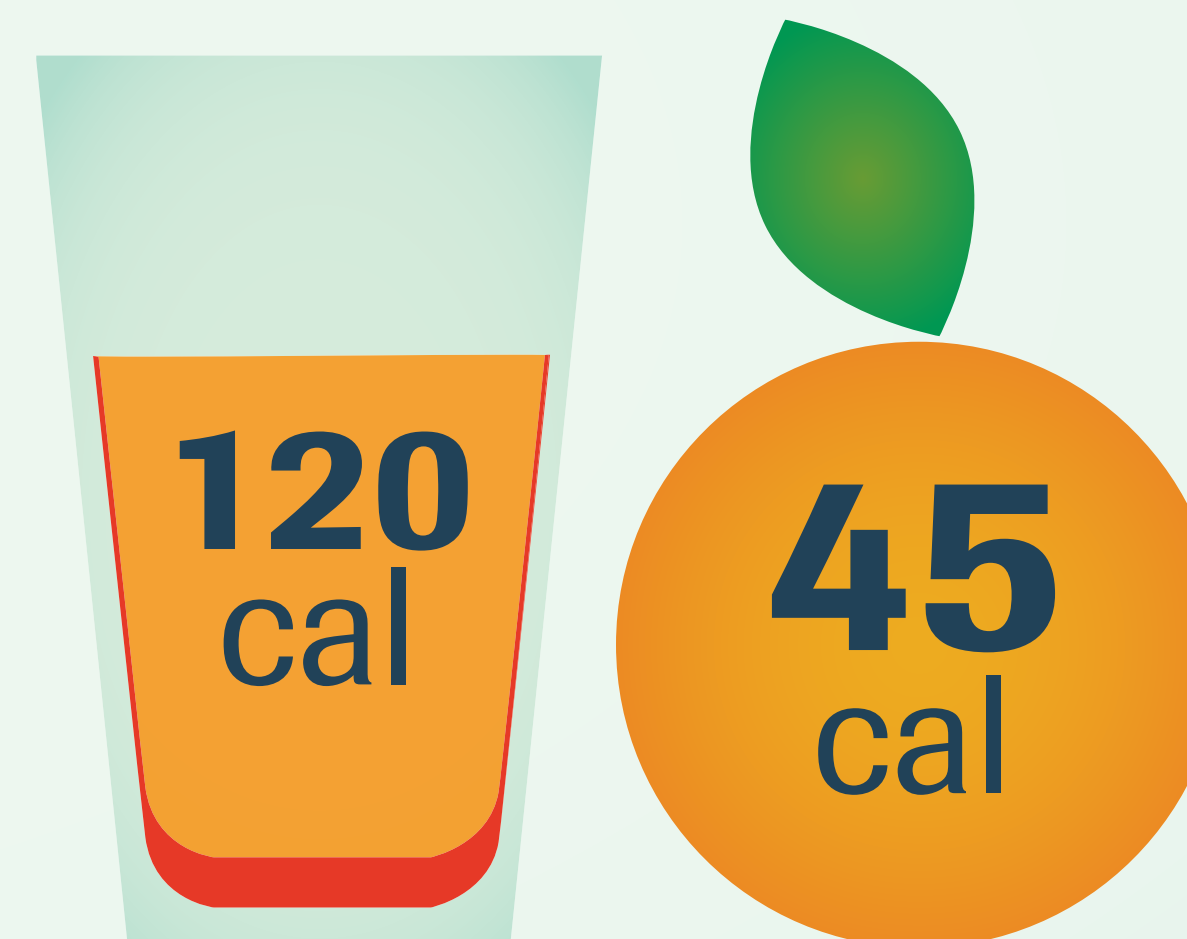
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Daily Calorie Count

Counting calories is important for weight management.

Total calorie needs are customized based on age, goal, current weight, height and activity.

Talk to your healthcare professional to set your daily target calories.



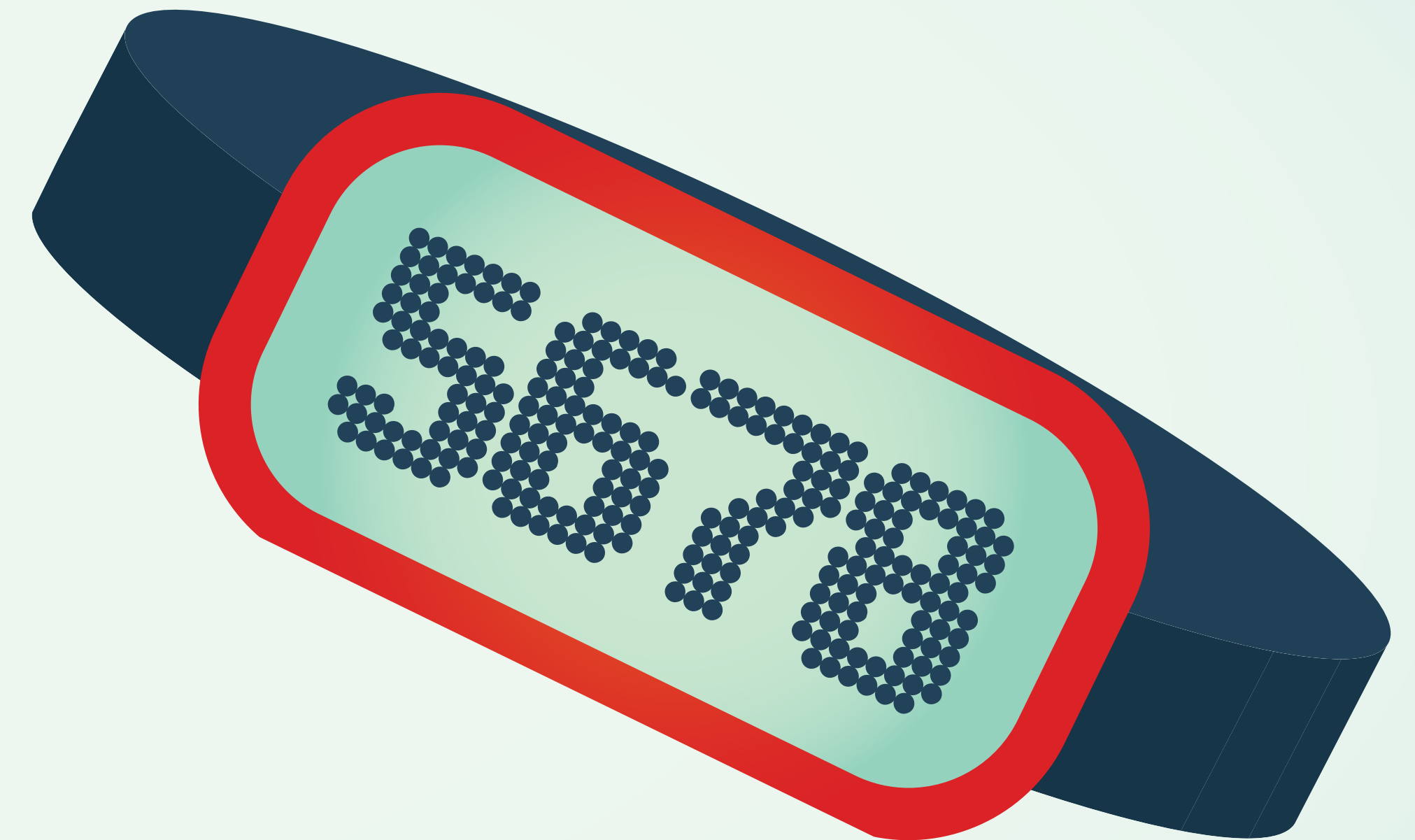
Smart Tip: Make sure you are eating your calories and not drinking them



Exercise Minutes

Boosting your immunity with exercise, as well as managing your blood sugar, can help you stay healthy which is our ultimate goal. Practicing at least 30 min a day of moderate aerobic exercise (e.g. brisk walking) is recommended for people with diabetes.

Consult your healthcare professional to find out the most appropriate exercise plan for you.



Smart Tip:

Invest in a step-tracking device or download an application on your smart phone

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For more information please contact your healthcare professional.

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