Keeping your blood sugar close to normal helps prevent or delay some diabetes problems.

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Keeping your blood sugar in control will help you in many ways.

You will:
• Have more energy
• Feel better
• Lower your chances of having problems with your eyes, feet, kidneys and nerve function.

Two important tests tell you if your blood sugar is at a healthy level.

HbA1C or A1C: To measure your blood sugar control over time

• What does this test measure?
  Your blood sugar control over the last 2 to 3 months.

• How often is this test done?
  Every 3 to 6 months.

• What is a good test result?
  The best result for most people is less than 7%. A change in your treatment plan, including diet and activity, is almost always needed if the result is more than 8%.

• Why is this test important?
  It tells you if your treatment plan is controlling your blood sugar right now.

Finger-Stick Test: For testing your own blood sugar

• What does this test measure?
  Your blood sugar at the time you test it.

• How often is this test done?
  Some people check 3 times a day or more. Some check once a day. Ask your doctor what is right for you.

• What is a good test result?
  The best results are:
  Before meals: 70-130 mg/dl
  1-2 hours after meals: less than 180 mg/dl

• Why is this test important?
  It tells you if your treatment plan has controlled your blood sugar over the past 2 to 3 months.

What to Ask Your Doctor, Nurse, Dietitian or Diabetes Educator

1. What is my A1C?
2. What should my A1C be?
3. When should I check my blood sugar at home?
   Before breakfast
   Before lunch
   Before dinner
   At bedtime
   Other ______________________
4. What should my finger-stick test results be?
   Before meals:
   between _________ and _________
   After meals:
   between _________ and _________
   At bedtime:
   between _________ and _________
5. How can I improve my diabetes control?
   ____________________________
   ____________________________

Your results may be different. Ask your doctor what results are best for you.