

Diabetes – Caring for yourself

Here is list of target levels for tests that are common for people with diabetes. Work with your health care team to find the best way to reach your target levels. Talk to your health care team if you have questions about your test results.

Keeping track of your progress is a good way to take part in your care.

Test	Target Level	When to Test
A		
A1C (blood test)	Less than 7%	Every 3 months
Albumin creatinine ratio (urine test)	Less than 2.0	Once a year
B		
Blood pressure	130/80 or under	Every visit
Blood sugar (glucose)	4.0 to 7.0	Before meals
	5.0 to 10.0	2 hours after meals
Blood and urine tests for kidneys	These tests are ordered by your health care team based on your needs.	
C		
Cholesterol: Total	Less than 4.2	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: LDL (Bad)	Less than 2.0	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: HDL (Good)	Greater than 1.3	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: Total to HDL ratio	Less than 4.0	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: Triglycerides	Less than 1.7	Once a year without treatment Every 3 to 6 months with treatment

Other tests

Test	What to Monitor
<p>D</p> <p>Dental</p> <p>Diet</p>	<p>See your dentist once a year.</p> <p>Follow a healthy eating plan to help manage your health and diabetes.</p>
<p>E</p> <p>Eyes</p> <p>Exercise</p>	<p>Have a dilated eye examination once a year, or more often if needed. This annual exam is covered by the Ontario Ministry of Health when you have diabetes.</p> <p>Fit some activity that you can do and enjoy into your life. Aim for 150 minutes of exercise each week.</p>
<p>F</p> <p>Feet</p>	<p>Check your feet daily to identify any changes/issues. Have your health care provider check your feet at every visit.</p>
<p>S</p> <p>Smoking Cessation</p> <p>Stress</p> <p>Self-Management</p>	<p>Talk to your health care provider about reducing/quitting smoking when you are ready.</p> <p>Talk to your health care provider about stress and mental health that might be barriers to achieving your goals.</p> <p>Set personalized goals that you feel you can achieve to help manage your diabetes.</p>

For more information

Diabetes Canada
www.diabetes.ca