

## 4 Cholesterol

Cholesterol is another heart disease risk factor that is important to watch when you have diabetes.

	MEN	WOMAN
Total Cholesterol	<200	<200
LDL	<100	<100
HDL	>40	>50
Triglycerides	<150	<150

**Smart Tip:** Adding half a small avocado a day will 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
- Increase physical activity
- Eat more vegetable 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 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 (BMI = Body weight kg/height in m<sup>2</sup>).

### Indicators of healthy weight:

- BMI of 18.6 – 24.9
- Waistline smaller than < 90 cm for women and <103 cm for men

## 6 Kidney Function

**Smart Tip:** Make sure you drink enough water daily

A yearly test to check for protein in your urine can tell your doctor if diabetes has affected your kidneys.



Kidney damage and failure is a common long term complication of diabetes. Microalbumin and creatinine are indicators of kidney function. Normal levels vary according to age and body mass.

**Microalbumin <30 and Normal Creatinine 0.5-1.2 mg/dL**

Talk to your healthcare professional to agree on normal target.

## 7 Daily Calorie Count

Counting calories is important for weight management. Calorie count is customized based on age, goal, current weight, height and activity. Talk to your healthcare professional to set your daily target.



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

## 8 Exercise Minutes

At least 30 minutes of moderate aerobic exercise each day is recommended for people with diabetes, it can lower sugar, bad cholesterol, help in weight loss and promote healthy heart. Consult your healthcare professional to find out the most appropriate exercise plan for you.

**Smart Tip:** Invest in a step-tracking device or download application on your smart phone



**For more about the range of free diabetes information brochures, call the Accu-Chek Customer Careline:**

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**Or visit our website [www.accu-chekarabia.com](http://www.accu-chekarabia.com) for more information about diabetes.**

\* According to the American Diabetes Association

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# Eight Numbers

*You need to know for Diabetes*



Essential advice for people with diabetes from Accu-Chek

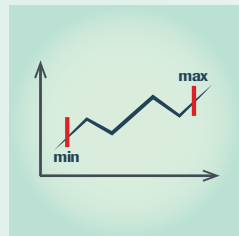
## Eight Numbers You Need to Know for Diabetes



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

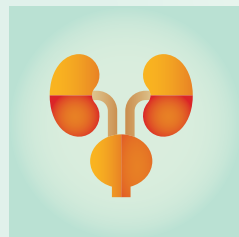
There are at least eight different numbers you should be familiar with to lower your risk for complications from diabetes.

### Why is it important to keep your numbers in check?



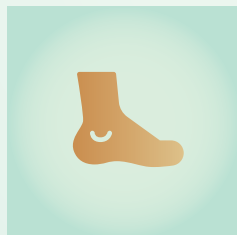
Lower risk of hypoglycemia and hyperglycemia

Lower risk of cardiovascular disease



Lower risk of kidney problems.

Avoid foot complications.



Improve your quality of life

## 1 Blood Sugar Numbers

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

### Why do I need to know my blood sugar numbers?

Your blood sugar numbers show how well your diabetes is managed. As you check your blood sugar, you can see what makes your numbers go up and down.

### What affects your blood sugar?



Stress, sickness or illness



Food



Medication



Activity

### How do I check my daily blood sugar?

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

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

People with diabetes have blood sugar targets that they try to reach at different times of the day. These targets are: \*

Fasting/before a meal	80-130 mg/dl
Two hours after the start of the meal	less than 180 mg/dl

- Blood glucose less than 70 is considered Hypoglycemia.
- Blood glucose more than 180 is considered Hyperglycemia.

Talk with your healthcare professional about what blood sugar numbers are right for you.

### How often should I check my blood sugar?

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

- The type of diabetes you have
- The type of medicine you take

The common times for checking your blood sugar:\*

- When you first wake up (fasting)
- Before a meal
- 2 hours after a meal
- At bedtime

Talk with your health care professional about what times are best for you to check your blood sugar and how often to check.

## 2 HbA1c

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

### What is a good HbA1c goal for me?

For many people with diabetes, the HbA1c goal is below 7\*. This number is different from the blood sugar numbers that you check each day.

### How often do I need an HbA1c test?

You need to get an HbA1c test at least 2 times a year

- Check your blood sugar as many times a day as your health care team suggests.
- Have your HbA1c checked at least 2 times a year.
- Keep a record of your numbers and share 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:

- People with Diabetes are much more likely to develop heart disease, they should keep their systolic blood pressure at 140 mm Hg
- Other factors to keep Blood Pressure in check:



Taking medication as prescribed

Managing weight



Avoiding food high in sodium