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Know Your Numbers

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Understanding Your Numbers

Essential Health Metrics for Diabetes Management



Monitoring Your
Blood Glucose
Levels



Importance of
A1C in Diabetes
Control



Keeping Your
Blood Pressure in
Check



Understanding
Cholesterol and
Its Impact



Tracking Kidney
Function





Monitoring your blood sugar levels regularly



Understanding Blood Glucose

The Key to Effective Diabetes Management

Monitoring blood glucose levels is crucial for diabetes management, enabling individuals to make informed decisions about diet, medication, and lifestyle choices to maintain optimal health.

Factors that Impact Glucose Control:

Nutrition	Physical Activity	Hydration	Alcohol Intake
Stress	Hormones	Sleep	Dawn Phenomenon
Scar Tissue			

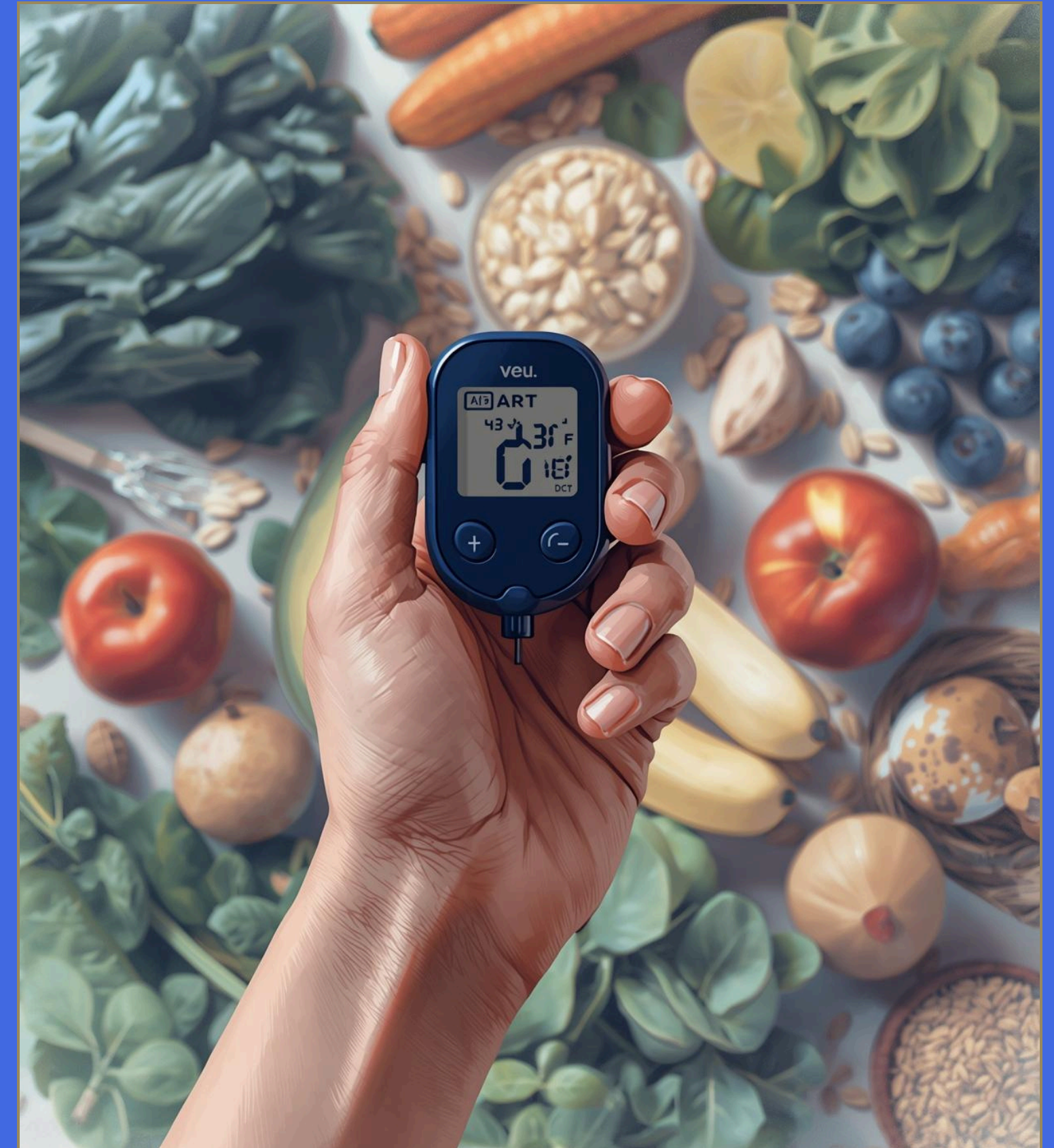


Understanding your target blood glucose levels is essential.

80-130 mg/dL

Recommended pre-prandial blood glucose range

Maintaining your blood glucose levels between **80-130 mg/dL** before meals is crucial for effective diabetes management. Regularly monitoring these numbers can help you make informed decisions regarding your diet and medication. This target range can reduce the risk of complications and stabilize your overall health. Remember, achieving these numbers is a journey and requires consistent effort and support.



Understanding your target blood glucose levels is essential.

<180 mg/dL

Recommended 1-2 hour post-prandial blood glucose range

Monitoring post-prandial (after-meal) glucose is important because it shows how your body responds to the foods you eat. These readings help identify patterns of high blood sugar that might not appear in fasting levels alone. Understanding your post-meal glucose can guide you and your care team in making adjustments to meal composition, portion sizes, activity timing, or medication — all of which support better overall glucose control and reduce the risk of long-term complications.



Knowing Your Numbers

Key Strategies for Diabetes Management

Monitor Regularly

Regular blood glucose monitoring is essential for **effective management**. Tracking your levels helps identify patterns, enabling informed decisions about diet, exercise, and medication adjustments. Blood glucose monitoring can be done via a blood glucose meter or a continuous glucose monitor.

Follow a Balanced Diet

A balanced diet is crucial for maintaining healthy blood sugar levels. The **Plate Method** is an excellent model for balancing meals. **Carbohydrate counting** is an extremely effective strategy for glucose management.

Exercise Regularly

Engaging in regular physical activity not only supports weight management but also enhances insulin sensitivity. Aim for at least **150 minutes of moderate exercise** each week to improve overall health. Consider adding 10-15 minutes of activity post-meal to stabilize glucose.





Understanding A1C for diabetes management



Understanding A1C

The Long-Term Indicator of Blood Sugar

The A1C test measures how much glucose has attached to hemoglobin, the protein in red blood cells that carries oxygen. Since red blood cells live about three months, A1C reflects your average blood glucose over that time. It's a weighted average, meaning recent weeks have a slightly greater influence on the result. This gives a broader picture of glucose control than any single blood sugar reading.



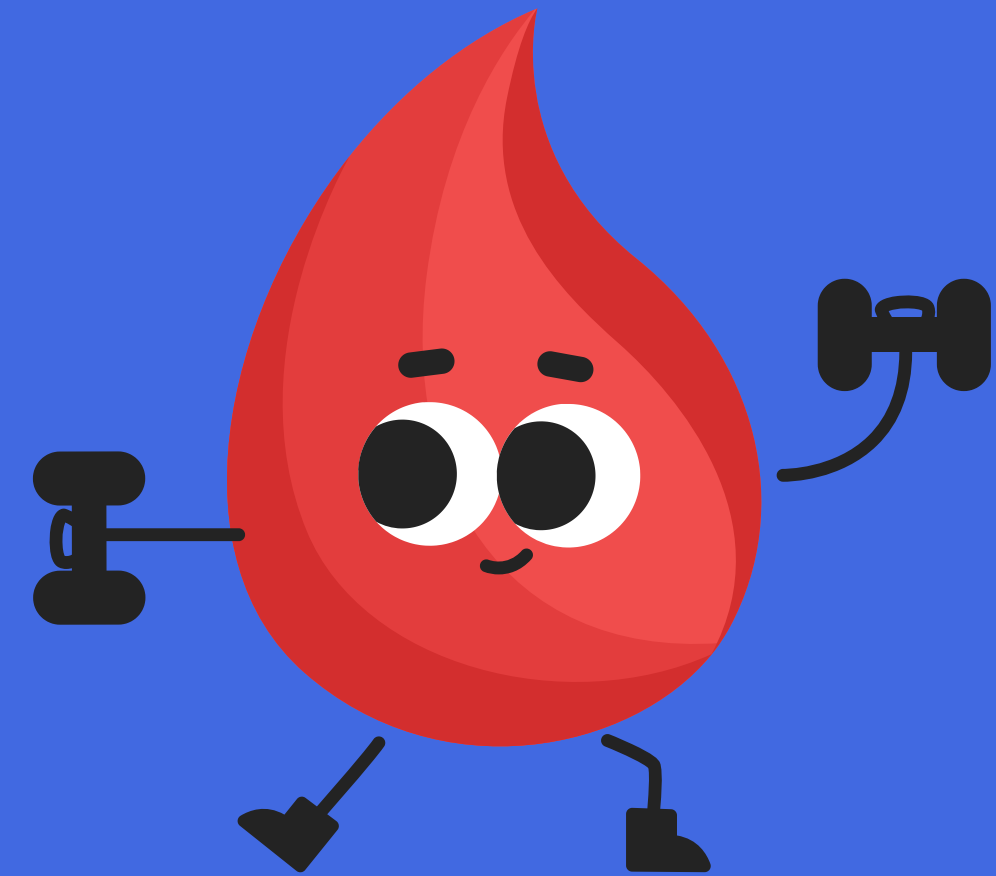
Understanding your **A1C target** is crucial for control.

For people living with Diabetes

Target A1C Levels for Optimal Diabetes Management

ADA Goal <7.0%

AACE Goal <6.5%



These targets help reduce the risk of diabetes-related complications and support overall health. Regular monitoring allows individuals to make informed decisions about diet, exercise, and medication adjustments. Collaborating with healthcare providers ensures personalized strategies that align with one's unique needs.



Understanding your **A1C**

For individuals without
Diabetes



Prediabetes: 5.7-6.4%

Within Normal Limits: <5.7%



Knowing Your Numbers

Understanding Key Metrics for Diabetes Management

Managing Your A1C

Monitoring your **A1C levels** is crucial as it reflects your average blood glucose over the past three months, helping you assess your diabetes management effectiveness.

Regular Monitoring

Regular monitoring of blood glucose levels is essential to understand how daily activities and food choices affect your diabetes, enabling informed decision-making for better control.

Work with Your Healthcare Team

Collaborating with your healthcare team ensures you receive personalized guidance, support, and education on managing your diabetes effectively, which can significantly improve your overall health outcomes.





Monitoring blood pressure for diabetes care



Understanding Blood Pressure

The Importance in Diabetes Management

Monitoring your blood pressure is crucial for diabetes management, as high blood pressure can lead to serious complications, impacting overall health and **increasing risk** for heart disease.



Understanding your blood pressure is essential.

Less than 120/80 mmHg

Ideal target for managing diabetes and hypertension

Less than 130/80 mmHG

Ideal target for individuals that require pharmacological therapy



Knowing Your Numbers

Essential Strategies for Diabetes Management

Healthy Blood Pressure

Maintaining a healthy blood pressure is **crucial** for diabetes management, as it reduces the risk of serious complications including stroke and heart disease..

Dietary Changes

Lowering sodium intake is important to control blood pressure. Focus on **whole foods** diets like the Plate Method, DASH Eating Pattern, and Mediterranean Diet..

Regular Exercise

Engaging in regular physical activity can significantly enhance blood pressure control and **overall health**. Aim for at least 150 minutes of moderate exercise each week for optimal benefits.





Understanding good and bad cholesterol levels



Cholesterol Matters

Understanding HDL vs. LDL Cholesterol

Monitoring cholesterol is crucial for diabetes management. **Good cholesterol (HDL)** helps protect heart health, while **bad cholesterol (LDL)** can lead to serious complications if not managed properly.



Understanding cholesterol levels is crucial for management

LDL: <70 mg/dL

Ages 40-75

HDL: >40 mg/dL

For adult men

HDL: >50 mg/dL

For adult women



Understanding the Numbers

Manage Cholesterol

Cholesterol should be checked at **diagnosis and at least annually**, or more often if clinically indicated, using a fasting blood test. Regular monitoring is crucial for reducing risk of cardiovascular disease or events.

Heart-Healthy Diet

A well-balanced diet rich in **whole foods** can significantly improve diabetes management. Focus on incorporating vegetables, fruit, whole grains, and lean proteins into your meals.

Regular Activity

Engaging in regular physical activity helps maintain **healthy blood glucose levels**. Aim for at least 150 minutes of moderate exercise weekly to enhance overall fitness and health.





Measuring Kidney Function



Kidney Care

Kidney health is vital for people with diabetes, as diabetes is the leading cause of chronic kidney disease. High blood glucose and blood pressure can damage kidney blood vessels, reducing their ability to filter waste. Regular monitoring of **estimated glomerular filtration rate (eGFR)** helps detect kidney damage early and slow disease progression



Interpreting eGFR

>60: Normal kidney function

*60-89: Within normal limits however may indicate mild decline in kidney function

<60: Indicates moderate to severe decline in function



Understanding the Numbers

Regular Monitoring

Kidney function should be monitored with an eGFR test at least once a year, or more frequently if needed. Your healthcare provider may also order a **urine albumin-to-creatinine ratio (ACR)** test if there are signs of declining kidney function.

Nutrition Therapy

Dietary changes can help protect kidney function and support overall health. Key strategies include moderating protein intake, limiting sodium, controlling carbohydrates to manage blood glucose, and emphasizing heart-healthy foods such as fruits, vegetables, and healthy fats,

Collaborate with your Healthcare Team

Coordinating care across your providers ensures a safe, personalized plan that effectively supports both kidney health and blood glucose control. Collaborative care ensures that medications, lifestyle changes, and dietary strategies are safe, effective, and tailored to your individual needs



“Our cells have an incredible capacity for adaptability and regeneration. Broken cellular function can be repaired and restored quickly.”

Dr Casey Means

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