

NOW WHAT should my numbers be?

Monitoring blood sugar may not be easy for everyone. "What's high? What's normal? Am I even doing it right?" Some people feel overwhelmed and may skip monitoring their blood sugar. The following are easy ways to monitor numbers:

FACTS FIRST Keeping track of blood sugar is a great way to manage diabetes! Consider this:

Fasting blood sugars:
70-130 mg/dl

2 hours after meals,
blood sugars less
than 180 mg/dl

Blood sugars before
meals: 70-130 mg/dl

HgA1C:
Less than 7%

ACT ON THE FACTS

NORMAL

- A1C is under 7%
- Fasting blood sugars are 70-130mg/dl
- Blood sugars less than 180mg/dl (2 hours after eating)

WHAT TO DO? Continue taking medications as ordered by the doctor and continue routine blood sugar monitoring. Maintain healthy eating habits and keep all medical appointments.

MODERATE RISK

- A1C is between 7% and 8%
- Average blood sugar is 150-210mg/dl
- Most fasting blood sugars under 200mg/dl

WHAT TO DO? An adjustment of medication may be needed. Call your doctor for an appointment, improve your eating habits, and increase your physical activity.

HIGH RISK

- A1C is greater than 9%
- Average blood sugars are over 210mg/dl
- Most fasting blood sugars are well over 200mg/dl

WHAT TO DO? Call your doctor immediately for an evaluation.



Write down your blood sugar levels :

Before eating

2 hrs after eating

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/