

TARGET YOUR DIABETES



A

A1c

≤ 7% for most adults

Usually check every 3 months



B

Blood Pressure

< 130/80 mmHg for most adults

Blood Glucose Monitoring

Fasting/before meals

- 4-7 mmol/L
- 2 hours after meals
- 5-10 mmol/L (if A1c ≤ 7%)
- 5-8 mmol/L (if A1c ≥ 7%)



C

Cholesterol

LDL < 2 mmol/L or 50% reduction

D

Driving

Before driving: Blood Glucose ≥ 5 mmol/L

Drugs/Medications

To help achieve your targets



E

Exercise

Eating healthy

F

Foot care

- Check feet at home everyday
- Foot exam yearly at with your doctor or nurse



S

Stress Management

Stop Smoking

Screening

- Eyes: every 1 to 2 years
- Kidneys: at least every year

