

What is Your Number?

A1C to estimated Average Glucose (eAG) Conversion Chart

A1C %	eAG	
5	97	Excellent
5.5	111	
6	126	
6.5	140	
7	154	Concern
7.5	169	Take Action
8	183	
8.5	197	
9	212	
9.5	226	
10	240	
10.5	255	
11	269	
11.5	283	
12	298	

- A1C tells you the average level of glucose (sugar) in your blood over the last 2 to 3 months. It is reported as a percent (for example, 6%).
- Those with A1C of 5.7% to 6.4% are at increased risk for developing diabetes.
- Knowing your A1C tells you about your risk for complications of diabetes, problems caused by diabetes such as blindness, kidney disease, amputation, heart attack, and stroke.
- An A1C of **less than 7.0%** is a goal for many people with diabetes.
- eAG uses the same units you see on a lab report or on your blood glucose meter. Just like A1C, eAG lets you know the average level of glucose in your blood 24 hours a day, 7 days a week, for 2 to 3 months.
- eAG can help you better understand your A1C level and helps you and your health care provider decide how to treat your diabetes.

Your Blood Glucose Goals

- Diagnosis of diabetes is fasting blood glucose of 126 mg/dL or higher
- **Fasting blood glucose goal: 80 to 130 mg/dL**
- Blood glucose **2 hours after the start of your meal is less than 180 mg/dL**
- It is recommended to have an A1C level done every 6 months if your blood glucose is in control, otherwise every 3 to 4 months.

Guidelines for People with Diabetes



Foot Inspection: You should inspect your feet every day. In addition, your health care provider should inspect your feet for signs of redness, warmth, swelling, calluses, etc. at each visit. These signs can be early warning signs that can lead to more serious problems with your feet. Loss of feeling in the feet is a major sign of damage or injury, which can lead to amputation. An annual foot examination tests how much feeling you have in your feet and helps your doctor find current problems or prevent future problems.



Dilated Retinal Eye Exam: This is important in order to find any changes in the eyes. Left untreated, problems can lead to blindness. This exam should be done every year by an ophthalmologist or optometrist trained to look for diabetic eye disease.



Fasting Lipid Panel: People with diabetes have heart attacks at a higher rate and at an earlier age. High levels of lipids (fat) in the blood can lead to a heart attack. By knowing what your lipids are, you and your doctor can work together to develop a plan to decrease your risk of a heart attack. A fasting lipid panel bloodtest should be performed at least yearly. Goals for these tests are total cholesterol **less than 200**, **LDL less than 100**, **HDL greater than 40 for men** and **greater than 50 for women**, and **triglycerides less than 150**.



Blood Pressure: Diabetes and high blood pressure (hypertension) can lead to heart attacks, strokes or kidney disease. If it is high, your doctor will probably prescribe medicine that reduces your blood pressure and your chance of having complications related to high blood pressure. Your blood pressure goal is **less than 140/90**. Have your blood pressure checked at every visit to your doctor.



Microalbumin / Serum Creatinine / eGFR (estimated glomerular filtration rate): It is important to monitor your kidney function to make sure your kidneys are working well. These tests measure the ability of the kidneys to filter the body's waste products. It is recommended you have kidney function tests done at least yearly. Goals for these tests are microalbumin negative, serum **Creatinine less than 1.5 for men** and **less than 1.4 for women**, and **eGFR greater than 60**.



Flu Vaccine: The flu can be much more serious for people with diabetes. A yearly vaccination can help you avoid most kinds of the flu.



Pneumonia Vaccine: Being vaccinated for pneumonia once before age 65 can lessen your chances of developing pneumonia. People over 65 should check with their doctor about a follow-up vaccine.



General Health: Aspirin therapy is recommended for people 60 years or older with one or more cardiovascular risk factors. Information on women and men's health, tobacco cessation, dental health and other topics are available to you from your health care team.