

What is Diabetes?

Diabetes

- When you eat, your body breaks down food into **sugar**. This sugar goes into your blood. Your body uses this blood sugar for fuel like a car uses gas.
- The pancreas makes **insulin**. After food raises the blood sugar, insulin brings the blood sugar back to normal. Insulin lets your body use or store the blood sugar.
- Diabetes is high blood sugar. Too little insulin is made or the insulin does not work well.

The Bad News

Having high blood sugars over the years can lead to many health problems. These include heart problems, stroke, kidney disease, blindness, and losing a foot or leg. Also, you do not feel your best with high levels, such as being tired or thirsty.

The Good News

Diabetes can be treated. It is possible to keep sugar levels near normal and avoid or limit problems.

How blood sugar self-testing results may compare with A1c test results.

The table below shows how an average daily blood sugar number might compare to a 2 to 3 month A1c number.

Average*Daily Blood Sugar		A1c Level
115-150	●●●●●➤	6%
151-180	●●●●●➤	7%
181-210	●●●●●➤	8%
211-245	●●●●●➤	9%
246-280	●●●●●➤	10%
281-310	●●●●●➤	11%
311-345	●●●●●➤	12%

*average is based on readings taken before and after meals and at bedtime. (The American Diabetes Association (ADA) says people with Type 2 diabetes need to have an A1c of 7% or less. Levels over 7% raise the risk of problems such as stroke, heart attack, and losing a foot or a leg).

As your doctor, I want to work with you to help you keep your diabetes under control. Most of the daily care is up to you, but I am here to support you. I know it takes much time and effort to keep doing a good job caring for your diabetes. The effort is worth it for your best health.

I will order the tests you need, watch for signs of problems, and adjust your medicines to help you keep your blood sugars in goal ranges. Please contact me if you are not able to keep your blood sugars within your goals.

Please see the checklist of items to help reduce your risk of diabetes complications.