

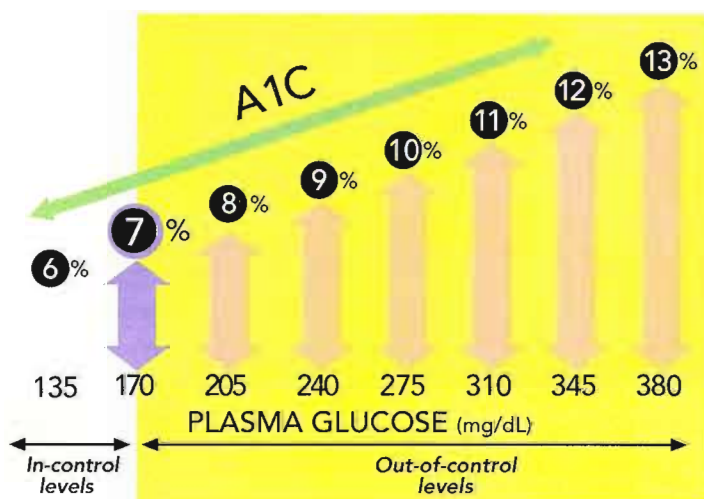
# What you do today helps determine how diabetes impacts your tomorrow.

Help yourself live healthier by keeping your A1C at the American Diabetes Association-recommended goal of less than 7%.

A1C (also known as HbA1C) is a test your healthcare provider conducts to let you know how you've done at controlling your blood sugar levels (also called blood glucose or plasma glucose levels) during the past two to three months.

An A1C test reveals how much sugar (glucose) is attached to your red blood cells. The longer the glucose level remains high, the more glucose attaches to the red blood cells and other substances. This high blood glucose raises the risk of diabetes complications.

## How average plasma glucose can affect A1C



A fasting blood sugar test shows how you're doing during that period of the day. An A1C test shows where your blood sugar level has been over the past two to three months.

TARGET AN A1C OF LESS THAN

7%

Reducing your A1C by just one percent may greatly reduce your risk of diabetes complications.

For example, decreasing your A1C from 8% to 7% may reduce the risk of:

eye,  
kidney and  
nerve damage

37%

# Take control today to be healthier tomorrow.

## What you do right now can make all the difference as the days go by.

Today, you and your healthcare provider have several choices of insulins that can allow you to tailor the management of your blood sugar levels to the needs of your body.

If you have a difficult time maintaining good blood sugar control, you and your healthcare provider may consider including basal insulin therapy. Basal insulin as part of your diabetes treatment plan, which includes diet, exercise and other diabetes medications, may help you to reach your A<sub>1</sub>C goal.

Basal insulin is released slowly and constantly. It helps control blood sugar and helps your cells get the energy they need between meals.

The addition of the appropriate insulin may help you get closer to your target A<sub>1</sub>C. Ask your healthcare provider which insulin treatment may work well as part of your diabetes therapy.

The American Diabetes Association suggests these blood sugar goals for adults with diabetes.

### FASTING GOALS (BEFORE MEALS)

BLOOD GLUCOSE

**80-120** mg/dL

PLASMA GLUCOSE

**90-130** mg/dL

### POST-MEAL GOALS (2 HOURS AFTER STARTING MEALS)

BLOOD GLUCOSE

**<170** mg/dL

PLASMA GLUCOSE

**<180** mg/dL

*Most blood glucose meters measure plasma glucose instead of blood glucose, and some measure both. If you're unsure what yours measures, please check with your healthcare provider.*

## Types of insulin to help you control your blood sugar

Long-acting (basal) Duration of action: **up to 24 hours**

Intermediate-acting Duration of action: **18-24 hours**

Mealtime Duration of action: **3-8 hours**