



THE DIABETES NUMBERS THAT MATTER

MEASUREMENT	DEFINITION	TARGET
A1C	Your average blood glucose level over the past 2-3 months	7% <i>(or lower)</i>
LDL CHOLESTEROL	The amount of fat that has built up on artery walls	<i>Less than</i> 70 mg/dL
BLOOD PRESSURE	A measure of the pressure against the walls of your arteries	130/80 mmHg <i>(or lower)</i>
uACR	An indicator of injury or damage to the kidneys	30 <i>(or lower)</i>

Ask your doctor what your specific targets should be and track these numbers at each visit.

This information is not in any way intended to be nor should you rely on it as a substitute for professional medical evaluation, diagnosis, advice and treatment.