

HealthyActions

Achieving Your Goals for Healthy Living



Controlling Your Blood Sugar

Food, exercise, illness, stress, and diabetes medicine all affect your blood glucose levels. Checking your levels with home self-tests lets you see how your body is responding to your treatment day by day or hour by hour.²

The higher your blood glucose level, the higher your A1C result will be. The higher your A1C result is, the higher your chances of having serious health problems from diabetes.²

Blood glucose tests are one of the best tools you have to take control of your diabetes.¹ Home testing of blood sugar helps you stay aware of how well your diabetes is in control. Your doctor will give you a range of blood sugar levels just for you. Staying in your target range can help prevent or delay serious problems with your¹:

- Eyes
- Kidneys
- Nerves
- Blood vessels

You and your health care team (doctor, nurse, dietitian) decide your diabetes treatment plan. The goal of this plan is to keep your blood sugar at a normal level. The plan tells you the amount and types of food that will work best with the exercise you do and any diabetes pills or insulin (IN-suhl-in) you take.

There are two ways to check your blood sugar levels:

- The A1C (A-one-C) test. This test is done in a lab. This shows your average blood sugar level over the past three months. This test lets you and your health care team know if treatment is working well over time.²
- The blood glucose test you do yourself at home every day. This test lets you see how daily food, exercise, and medicines are affecting your blood glucose levels.²

The A1C test and home self-test together help you get the whole picture of how well your diabetes is being controlled. At times you may also need to test your urine for ketones (KEY-tones).¹

Ask your doctor or nurse when to check for ketones. You may need to test your urine for ketones if¹:

- Your blood sugar is more than 240 mg/dL
- You are sick with a cold or the flu

Ketones

When your body doesn't have enough insulin, the body can't use sugar for energy. The body burns fat instead of sugar for energy. When this happens the body makes ketones. Too many ketones can poison the body.¹



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Your doctor will tell you when and how often you should check your blood glucose levels. Keep track of your results and bring them to your doctor visits. This is an important part of your care. Use the chart below to keep track of your blood glucose levels. Your doctor will fill in your target goals.

Patient Name: _____

Date: _____

Doctor's Name: _____

Phone Number: _____

Call the doctor's office if your blood sugar is:
above _____ **below _____

**Be sure to drink juice or take glucose tablets right away.

My Target Goals

	Before Breakfast (usual goal: 90-130) [†]	1-2 Hours After Breakfast (usual goal: below 180) [†]	Before Lunch (usual goal: 90-130) [†]	1-2 Hours After Lunch (usual goal: below 180) [†]	Before Dinner (usual goal: 90-130) [†]	1-2 Hours After Dinner (usual goal: below 180) [†]	Bedtime (usual goal: 110-150) [†]
Target:							

My Log of Blood Glucose Levels

Date dd/mm/yy	Before Breakfast	1-2 Hours After Breakfast	Before Lunch	1-2 Hours After Lunch	Before Dinner	1-2 Hours After Dinner	Bedtime
___/___/___							
___/___/___							
___/___/___							
___/___/___							
___/___/___							
___/___/___							

Questions For My Doctor: _____

References

- American Diabetes Association. Checking Your Blood Glucose.
<http://www.diabetes.org/type-2-diabetes/blood-glucose-checks.jsp>
- National Diabetes Education Program.
http://www.ndep.nih.gov/diabetes/pubs/KnowNumbers_Eng.pdf
- CDC. Take Charge Of Your Diabetes.
<http://www.cdc.gov/diabetes/pubs/pdf/tctd.pdf>
- National Diabetes Education Program. 4 Steps to Control Diabetes 4 Life.
http://www.ndep.nih.gov/diabetes/pubs/4_Steps.pdf



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