

Blood sugar readings are a measure of how you feel!

Many individuals who have diabetes have no idea they could feel much better because feeling 'not so good' has become normal. There is a direct link between *how you feel and your blood glucose levels*. If your blood sugars are too high, chances are you are not feeling well. Once you understand the relationship between how you feel and your blood sugar level you can take steps to improve your levels. **There are two different ways to test your blood sugar.**



Each is important in controlling your diabetes.

At Home: Self-Testing Your Blood Sugar Levels Daily

THE BEST TEST FOR DAY-TO-DAY DIABETES CONTROL



Self-testing helps you see how the foods you eat, your physical activity level, and your medications affect your blood sugar levels. The self-test measures your blood sugar at a precise moment, helping you to manage your diabetes day-to-day. A self-test is done before meals and at bedtime.

At the Lab: The Hemoglobin A1c Test At Least Twice A Year

THE BEST TEST FOR LONG TERM DIABETES CONTROL



You may have had a lab test called an HbA1c test (Hemoglobin A1c). Think of this test result like a batting average. Sometimes Babe Ruth struck out; sometimes he hit home runs. His overall batting average showed he was a great hitter. The HbA1c shows how well you have controlled your diabetes over the last 3 months.

For most people with diabetes the goal is 7.0 or less. Keeping blood sugars under control is a big step towards feeling better. You need the self test at home and the A1c test at the lab.

Take Control of Your Blood Sugar!

Ask a Nurse:

- About your HbA1c test and what it means to you.
- To help you determine how often you should test your blood sugar levels.
- To help you set goals and for advice on how to achieve them.

How To Compare Self-Test with Lab Test Results	
At the Lab HbA1c Test Level	At Home Blood Glucose Test Average
12	300
11	270
10	240
9	210
8	180
7	150
6	120
5	80