

**TAKING CONTROL OF MY DIABETES**  
***SELF-MANAGEMENT GOALS***

**PATIENT/FAMILY INFORMATION SHEET**

**What is good control of diabetes?**

Management of diabetes includes control of the following:

- Blood sugar (glucose)
- Blood lipids (cholesterol and triglycerides)
- Blood pressure
- Weight

**How do I know if my blood sugar is controlled?**

Generally, people with diabetes check their blood sugar levels using a glucose meter. How often blood sugar is measured varies from person to person and depends on the plan set by your doctor. In general, most individuals with diabetes aim for these blood sugar targets:

- Fasting and before meals..... *70-130 mg/dl*
- 1-2 hours after meals..... *less than 140 – 180 mg/dl*

In addition, your doctor may order a laboratory test called glycosylated hemoglobin (also called hemoglobin A1c). This test measures the average blood sugar level over the past 2 – 3 months. The goal or target range for this test is hemoglobin A1c level of less than 6.5 to 7%.\*

\* The American Diabetes Association recommends an A1c of less than 7%. The American Association of Clinical Endocrinologists recommends a level of less than 6.5%.

**What should my blood lipids be?**

For individuals with diabetes, the current recommendations for blood lipids are as follows:

- Total cholesterol..... *less than 200 mg/dl*
- LDL (“bad”) cholesterol..... *less than 70 mg/dl*
- HDL (“good”) cholesterol..... *greater than 40 mg/dl for men  
greater than 50 mg/dl for women*
- Triglycerides..... *Less than 150 mg/dl*

## What is “good” blood pressure control?

In general, blood pressure control targets are:

- Systolic (upper number).... *no more than 130 mm Hg*
- Diastolic (lower number).... *no more than 80 mm Hg*

High blood pressure, or hypertension, is common in individuals with diabetes. It is important to control blood pressure since high blood pressure damages the eyes and kidneys over time.

Your blood pressure will be checked at each doctor’s visit. Occasionally, you may be asked by your doctor to monitor your blood pressure at home. Devices for measuring blood pressure are available. Consult with your healthcare team for recommendations before purchasing a home blood pressure device.

## Why is weight control important?

Insulin resistance, a part of the cause of type 2 diabetes, is made worse by too much weight, particularly around the waist. Losing weight can result in much better blood sugar control. In type 1 diabetes, regaining weight typically lost before diagnosis helps to rebuild strength.

## Who is on my healthcare team?

My physician: \_\_\_\_\_

My nurse: \_\_\_\_\_

My diabetes educator: \_\_\_\_\_

My dietitian: \_\_\_\_\_

My physical therapist  
or exercise physiologist \_\_\_\_\_

My pharmacist: \_\_\_\_\_

## Notes/Other Self-management Goals:

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For more Patient Education Fact Sheets, see the Greenwich Hospital web site at [www.greenwichhospital.org](http://www.greenwichhospital.org) and click on Patient Education