

RECOMMENDED VALUES KNOW YOUR NUMBERS



Keeping these values within normal range will help prevent chronic diseases and decrease your risk of developing complications.
(*The A1c goal for the individual person is 7% or as close as possible without significant hypoglycemia, dependent upon age and individual needs.)

BLOOD PRESSURE is the force of blood against artery walls. It is measured in two numbers. The top number (systolic) measures the force of blood when the heart beats. The bottom number (diastolic) measures the force of blood when the heart rests. High blood pressure (HPB) means the pressure in your arteries is higher than it should be.	Normal	People with Diabetes	Your Results	
	Systolic \leq 120	Systolic \leq 130 mm Hg		
	Diastolic \leq 80	Diastolic \leq 80 mm Hg		
BLOOD GLUCOSE is the amount of sugar (glucose) present in the blood. If you do have diabetes, the American Diabetes Association (ADA) recommends target blood glucose levels of 80-130 mg/dl during fasting and before meals, and less than 180 mg/dl one to two hours after a meal.		Diabetes	Your Results	
	Pre-meal blood sugars	80 - 130 mg/dl		
	Post-meal blood sugars 1-2 hrs. after meal	< 180 mg/dl		
	A1C	< 7%		
CHOLESTEROL is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly. However, if you have too much in your blood, it can combine with other substances in the blood and stick to the walls of your arteries. This is called plaque.	Test	Target	Your Results	
	Total Cholesterol	Desirable: < 200 mg/dl		
	HDL (Heart Healthy)	Desirable: Men > 40 mg/dl Women > 50 mg/dl		
	LDL (Lousy)	Desirable: < 100 mg/dl		
	Triglycerides	Desirable: < 150 mg/dl		
BODY MASS INDEX (BMI) indicates if a person is underweight, normal weight, overweight or obese. This number is determined by measuring the weight relative to height. Aim for 5-7% weight loss	Weight _____	BMI	Your Results	
	Underweight	< 18.5		
	Normal weight	18.5 - 24.9		
	Overweight	25 - 29.9		
	Obese	> 30		
BODY FAT PERCENT is the percent of a person's weight that is fat.	Gender	< 30 years	> 30 years	Your Results
	Female	17 - 24%	20 - 27%	
	Male	14 - 20%	17 - 23%	
HEALTHY WAIST TO HIP RATIO TARGETS compares your waist size to your hip size, higher ratios can mean you have more fat around your waist and can lead to a higher risk for heart disease or diabetes.	Gender	Inches	Your Results	
	Female	< 0.9		
	Male	< 0.85		
DERMAL SCAN assessment of dermal carotenoids for fruit and vegetable consumption.	Assessment	Target	Your Results	
	Adequate fruit and vegetable intake	240 - 280		

* Preliminary data indicate that a veggie meter score between 280 and 480 indicates adequate fruit and vegetable intake, and that each 100 units of the veggie meter score increase corresponds to approximately one additional serving (cup)/day of FV consumed. Our team is keeping up to date on this area of research, which is still very new, so please know that these amounts score equivalents may change as more data is gathered.

GUIDELINES FOR CARE OF PATIENTS WITH DIABETES

TEST DESCRIPTION	CONDITION ASSESSED	FREQUENCY	TARGET RANGE	TREATMENT
BLOOD PRESSURE	Hypertension and coronary artery disease	Every 3 months	Systolic <130 Diastolic < 80	Healthy eating, physical activity, and medications
HEART RATE	Heart disease, autonomic neuropathy	Every 3 months	60 -100 BPM	Healthy eating and physical activity
A1C	Blood sugar management and risk of complications	Every 3 months	< 7%	Healthy eating, physical activity, and medications
CHOLESTEROL	Heart	Yearly	Total cholesterol <200 HDL (Healthy) >50 LDL (Lousy) <100 Triglycerides <150	Healthy eating, physical activity, medications, and blood sugar management
BODY MASS INDEX	Insulin resistance and risk of complications	Every 3 months	< 25	Healthy eating and physical activity
SKIN AND FOOT	Infections, ulcerations, wounds, foot ulcers	Every 3 months	Normal	Protect and moisturize skin and medications for foot problems
URINARY ALBUMIN TO CREATININE RATIO	Kidney disease	Yearly	< 30 mg	Healthy eating, physical activity, medications, and blood sugar management
ESTIMATED GLOMERULAR FILTRATION RATIO (GFR)	Kidney disease	Yearly	> 60mL/min	Healthy eating, physical activity, medications, and blood sugar management
EYE	Retinopathy	Yearly	Normal	Maintain blood pressure and blood sugar levels in target range, laser if needed
DENTAL	Teeth and gums	Every 6 months	Normal	Brush teeth twice a day and floss daily



THE ABC'S OF MANAGING DIABETES

A = A1c
B = Blood Pressure
C = Cholesterol
D = Diet/Medications
E = Exercise
S = Stop Smoking

VACCINES

VACCINE	Recommended
FLU	Yearly
PNEUMONIA	Once before the age of 65 and every 5 years thereafter