Diabetes Control

Good blood glucose range is 4 - 7.

Achieve this with regular blood glucose monitoring.

HbA1c% tells you your blood glucose every 60 days.

Many drugs help control diabetes including insulin.

Low HbA1c% reduces heart, eye and kidney problems.

Are you in control of your diabetes? What is your HbA1c%?
Blood glucose should be kept within a controlled range: **4 - 7**

This can be achieved by regular blood glucose monitoring at home.

**What is HbA1c%?**

This value tells you the amount of glucose sticking to your blood over the last 60 days. It reflects how well your diabetes has been controlled.

The aim is to have a value of less than **7.0%**

**Which drugs help control diabetes?**

Metformin, gliclazide, glimepiride, pioglitazone, rosiglitazone, insulin and many other drugs.

**Risk reduction with a 1% reduction in HbA1c**

- Poor circulation to the legs: 43%
- Eyes and early Kidney disease: 37%
- Heart Failure: 16%
- Heart Attacks: 14%
- Stroke: 12%

**Are you in control of your diabetes?**

*What is your HbA1c%?*