

# KNOW THE NUMBERS

Every person with Type 1 diabetes has to manage their condition to live a healthy, happy life. This quick guide shows the blood glucose readings that you should be aiming for.

## BLOOD GLUCOSE GUIDANCE FOR TYPE 1 DIABETES

**HbA1C**  
(SHOWS CONTROL OVER 3 MONTHS)

Less than

**58**

MMOL/MOL

**7 DAY AVERAGE**  
(OF DAILY BLOOD GLUCOSE CHECKS)

Aim for

**8**

MMOL/L

## WHAT TO AIM FOR DURING THE DAY

**BEFORE BREAKFAST**



**5-7**

MMOL/L

**BEFORE MEALS**



**4-7**

MMOL/L

**2 HRS AFTER MEALS**



**5-9**

MMOL/L

**BEDTIME**



**6-8**

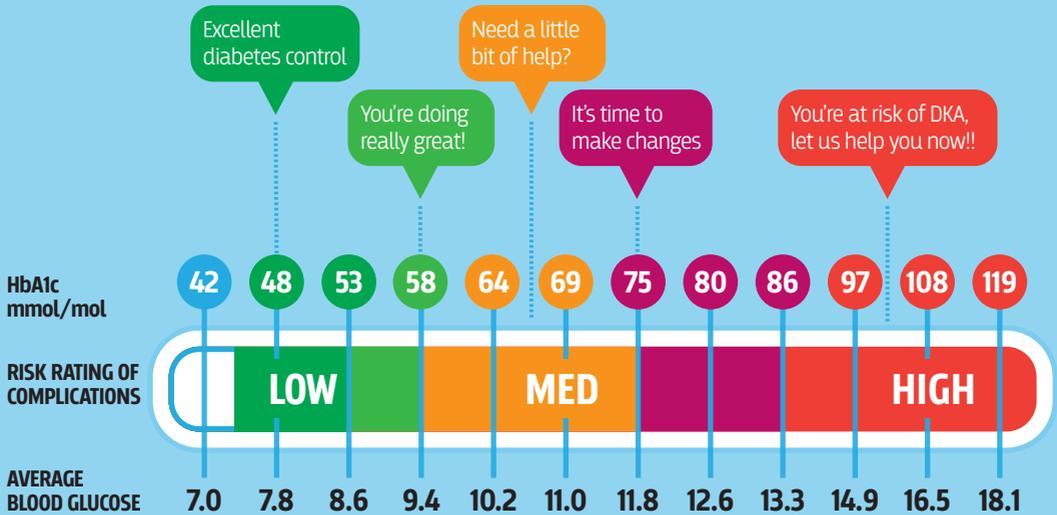
MMOL/L

## TOP 3 TIPS FOR MANAGING BLOOD GLUCOSE

- 1** Give insulin **5-15** minutes before meal times
- 2** Check your blood at least **5** times a day
- 3** Improve your carb counting skills... **1... 2... 3**

Remember, a lot of things can affect your blood glucose readings such as shift work, exercise and illness. Do you need a little help? Is there something you're struggling with? Keep talking to your Diabetes Team about how to improve your self-management.

# HbA1c - HOW ARE YOU DOING?



## Things to remember:

Your HbA1c is a measure of your blood glucose over the last 8–12 weeks.

The target HbA1c for people with Type 1 diabetes is less than 58mmol/mol.

Very high blood glucose levels will put you at risk of developing Diabetic Ketoacidosis (DKA) which if left untreated could cause you to become seriously ill and need an emergency hospital admission.

Lowering your HbA1c by just 10mmol/mol reduces your risk of complications by 20%.

**Date:** ..... **Current HbA1c:** ..... **Last HbA1c:** .....

**Discussions:** .....

**Next steps:** .....

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