

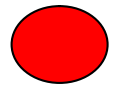
Your Hemoglobin A1c (“HbA1c”): Know Your Number!

This measures your average blood sugar over the last 2 or 3 months

RED:

“Risky-Stop and Think!”
(Your HbA1c is very high!)

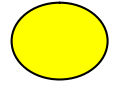
Higher than 10%



YELLOW:

“Caution: Be Careful!”
(Your HbA1c is high!)

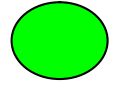
8% - 10%



GREEN:

“Good Going Great Control”
(Your diabetes is under control!)

Less than 7%



HbA1c		Date:	Date:	Date:	Date:	Date:	Average blood sugar
16.0							420
15.0	Amputation						390
14.0	Kidney Disease						360
13.0	Blindness						330
12.0	Heart Attack						300
11.0	Stroke						270
10.0	Increased Risk for Alzheimer's Disease						240
9.0	Decreased healing						210
8.0							180
7.0							150
6.0							120
5.0							90

THIS TEST SHOULD BE DONE EVERY ____ 3 MONTHS ____