

# DIABETES AND YOUR HEMOGLOBIN A1C

## It's More Than Just a Number

### What is an A1C?

A blood test that measures your average blood sugar over the last 3 months

### Why check my A1C?

Your provider checks A1C usually once every 3 months to monitor your blood sugar control

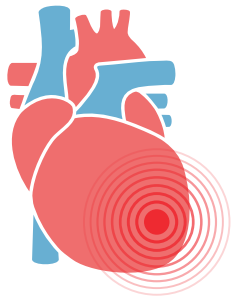
### What is the goal A1C?

7% or Less (ask your provider for your specific goal A1C)

## What complications occur from having a high A1C?



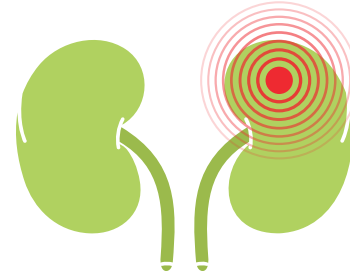
**Numbness & Tingling**  
Foot pain



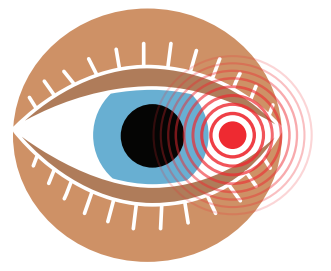
**Heart Disease**  
Blood vessel damage,  
Stroke



**Hearing Loss**

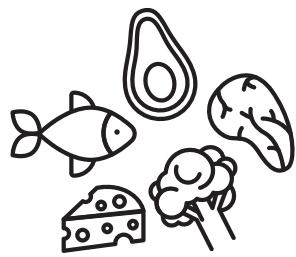


**Kidney Disease**



**Blurred Vision**  
Blindness, Cataracts

## What can I do to improve my A1C?



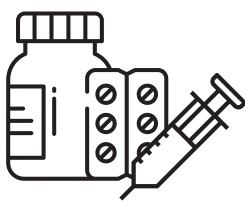
### Eat Right

Lower carbohydrates and sugar in your diet. Increase non-starchy vegetables!



### Get Moving!

Be active, exercise regularly



### Medications

Take your medications as prescribed



### Monitor Your Blood Sugar

at home as directed by your provider



### Questions?

Talk to your care team about any concerns that you have about side effects and costs of your medications

It is important to talk to your care team about any plans to change your diet or exercise regimen.

**Ask your provider about getting your A1C checked today!**