

# MAKE THE COMMITMENT TO GET TO YOUR A1C GOAL



## THE FACTS

**DID YOU KNOW?**  
ABOUT 1/3 OF ADULTS LIVING WITH DIABETES ARE NOT AT THEIR A1C GOAL

### NEARLY 30 MILLION AMERICANS ARE LIVING WITH DIABETES 90–95% HAVE TYPE 2 DIABETES

- ▶ Diabetes disproportionately affects different ethnic groups
- ▶ **13.2%** of all African-American adults live with diabetes
- ▶ **12.8%** of all Hispanic adults live with diabetes

## A1C

An important part of diabetes management is the A1C blood test. A1C is a measure of your average blood glucose level over the past 2 to 3 months. High blood glucose levels over time can put people with diabetes at risk for many serious health problems, including:

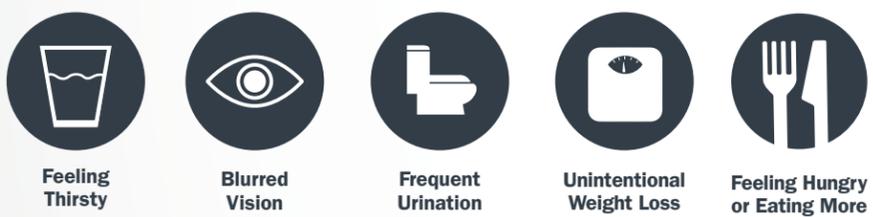


The American Diabetes Association recommends that people with diabetes have an individualized A1C goal; the goal for many adults with diabetes is <7%. Other people with diabetes may have a higher or lower A1C goal, so be sure to speak with your doctor about the goal that's right for you. People with type 2 diabetes can help reduce their risk of serious complications by setting individual goals to help manage the ABCs of diabetes: that's A for A1C, B for blood pressure and C for cholesterol.

## UNDERSTANDING HIGH & LOW BLOOD GLUCOSE

It's important to manage high blood glucose (hyperglycemia) by diet, exercise and taking medicine (if prescribed). Many people may not know that blood glucose can also go too low. It is known as hypoglycemia. Possible causes of hypoglycemia are: skipping meals, exercising excessively and certain medicines.

### SIGNS AND SYMPTOMS OF HYPERGLYCEMIA



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Learn to recognize the signs and symptoms of both high and low blood glucose, and talk to your doctor about how to help reduce your risk. You may need to discuss changes to your meal plan, physical activity or diabetes medicine.

## MAKING A PLAN & STICKING TO IT

Work with your doctor to set individualized goals to help manage the ABCs of diabetes. Together, you can come up with a management plan that includes:



## WHAT TO ASK YOUR DOCTOR

Here are 5 key questions to address with your doctor:

- What is my A1C and what should my goal be?
- What are the signs and symptoms of high and low blood glucose?
- Do I need to make any changes to my diabetes management plan?
- What are the benefits and possible side effects of the medicine(s) I'm taking?
- What are the causes of high and low blood glucose?

**America's Diabetes Challenge: Get to Your Goals** urges people with type 2 diabetes to pledge to work with their doctor to set and reach their own A1C goal. Also be sure to learn if you are at risk of low blood glucose and how to help reduce that risk. Patients can make their pledge at [www.AmericasDiabetesChallenge.com](http://www.AmericasDiabetesChallenge.com).