

GOALS FOR BLOOD GLUCOSE CONTROL*

Goal	Acceptable, mg/dL	Ideal, mg/dL
Fasting	60–130	70–100
Before Meals	100–130	70–100
After Meals (1 hour)	<200	<160
3 AM	>65	>65

* Your goals may be different. Ask your doctor.

HbA1c testing.

HbA1c (glycosylated hemoglobin) is a lab test ordered by your doctor to determine your average blood glucose level over the last three months. Normal HbA1c is 4–6% in people without diabetes; DCCT participants who maintained tight control had an average HbA1c of 7.2%. Your HbA1c is the measurable outcome of all your self-care activities. The lower your daily blood glucose test results are, the better your quarterly HbA1c will be.

- ◆ Ask your doctor about having an HbA1c test four times a year.
- ◆ Keep your HbA1c close to normal in order to lower the risk of developing complications.
- ◆ By averaging your blood glucose results over time, you can predict quarterly HbA1c results.

COMPARING BLOOD GLUCOSE WITH HbA1c

Average Glucose, mg/dL		HbA1c, %
90	Excellent	5
120		6
150	Good	7
180		8
210	Fair	9
240		10
270	Poor	11
300		12