

Know Your Numbers

Over time, diabetes (die-a-bee-tees) can damage many parts of the body. Managing your diabetes includes making sure your doctor orders certain tests and does certain exams for you at your doctor visits.

These tests and exams can help prevent problems from starting. If problems do start, you and your doctor can take steps to keep them from getting worse.

It is important to know the results of these tests and what they mean. When your doctor does a blood or urine test, be sure to ask these questions:

- What is the name of this test?
- What is this test for?

- What should my results be for this test?
- When and how can I get the results of this test?

- How often should I get this test done?

Here are the names of tests that people with diabetes should have done at the doctor's office.

A-1-c (or He-mo-glow-bin A1c) – This is a blood test that measures your average blood glucose levels over the past 2 – 3 months.

- You should have this test done every 3 to 6 months.
- Your test should be 7% or less.

Blood Pressure – People with diabetes are more likely to have high blood pressure. High blood pressure can cause damage to eyes, kidneys and nerves. It also increases the risk for heart attack and stroke.

- You should have your blood pressure taken at every doctor visit.
- Your blood pressure should be less than 130/80 mmHg.

Urine test for microalbumin (mike-row-Al-bu-men)

This is a urine test that tells how well your kidneys are working.

- You should have this test done every year.
- Your test should be lower than 30 mg.

Blood Test for Serum Creatinine (ser-um kree-at-a-nin)

This is a blood test that tells how well your kidneys are working.

- You should have this test done every year.
- The test results are used to estimate a Glomerular (glom-air-u-lar) Filtration (fill-tray-shun) Rate or eGFR.
- Your eGFR should be 90 or greater.

Lipid Profile – This blood test measures the different kind of fat and cholesterol in your blood. It should be done every year.

You should have nothing to eat or drink for 12 hours before the test.

- **Total Cholesterol** – the total of all the different kinds of cholesterol in your blood. Your test should be less than 180 mg/dl.
- **LDL** (low density lipoproteins) – this is known as the “bad” cholesterol. It builds up inside your blood vessels, making them narrow. It could cause heart attacks and strokes. Your LDL should be less than 100 mg/dl.
- **HDL** (high density lipoproteins) – this is known as the “good” cholesterol. It helps take the “bad” cholesterol out of the blood. Your HDL should be higher than 40 mg/dl for men. It should be higher than 50 mg/dl for women.
- **Triglyceride** (tri-glis-a-ride)– a type of fat in the blood used to store energy. High levels can lead to heart attack and stroke. Your triglycerides should be lower than 150 mg/dl.

If you would like to learn more about diabetes,
contact the Diabetes Association of Greater Cleveland.

Ask to talk with an educator.



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