What are your numbers telling you?
What is Type 2 Diabetes?

• Type 2 diabetes (die-ah-bee-teez) is a health problem where blood glucose (sugar) levels are too high.
• After eating a meal, the pancreas produces insulin, which helps glucose get into the body’s cells for energy.
• In type 2 diabetes, your body does not recognize insulin as well and over time will not create enough insulin to make blood glucose levels normal.
• With type 2 diabetes, body cells cannot absorb the glucose as well, and it builds up in the blood.
• Over time, high glucose can lead to health problems.
• Monitoring glucose levels can help manage your type 2 diabetes.
What is Glycated Hemoglobin (HbA1C)?

- HbA1C stands for Glycated (gli-kate-ted) Hemoglobin (hee-moe-globe-in)
- Blood glucose (sugar), which travels in the blood, may stick to red blood cells, forming HbA1C
- The HbA1C test shows how much glucose was in your blood from the previous 2-3 months
- Think of the HbA1C test as your blood glucose “grade” over time showing if your glucose is on target as recommended by your health care professional
- Talk to your health care professional about your HbA1C level if your test result is not within your target range

**Blood vessel with normal blood glucose**

**Blood vessel with high blood glucose**

Glucose binding to red blood cell, producing HbA1C

**HbA1C Level**

<table>
<thead>
<tr>
<th>ADA HbA1C target level is less than 7%*</th>
<th>AACE HbA1C target level is less than or equal to 6.5%</th>
</tr>
</thead>
<tbody>
<tr>
<td>6%</td>
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</tbody>
</table>

The 2 nationally known medical groups below develop guidelines for the treatment of type 2 diabetes:

**ADA** stands for the American Diabetes Association

**AACE** stands for the American Association of Clinical Endocrinologists

*The A1C goal for the individual patient can be as low as 6% without inducing hypoglycemia
To manage your type 2 diabetes, you will need to monitor your blood glucose (sugar) levels. There are different types of glucose tests. One test is called Fasting Plasma Glucose.

**What is Fasting Plasma Glucose (FPG)?**

- Your health care professional may ask you to take a Fasting Plasma Glucose test to show your glucose level before eating.
- When you take this test you will fast, which means no eating and only drinking water for about 8 hours.
- Try to do your test in the morning so you can fast for at least 8 hours while sleeping.

**If you have high FPG your health care professional may adjust your diabetes management plan through:**

- **Diet**
- **Exercise**
- **Medicine**
- **Glucose monitoring**

The 2 nationally known medical groups below develop guidelines for the treatment of type 2 diabetes:

**ADA** stands for the American Diabetes Association

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**What does your before meal glucose level mean?**

**ADA Glucose Ranges**

- **More than 125 mg/dL** — Hyperglycemia or high blood glucose
- **Between 100 mg/dL and 125 mg/dL** — Moderately high blood glucose
- **70 mg/dL to less than 100 mg/dL** — Healthy blood glucose
- **Less than 70 mg/dL** — Hypoglycemia or low blood glucose

**ADA preprandial capillary plasma glucose target range is between 70 and 130 mg/dL**

**AACE FPG target range is less than 110 mg/dL**

The ADA and AACE recommendations provided are general guidelines. Discuss your treatment goals with your health care professional.
What is Postprandial Plasma Glucose (PPG)?

- Your health care professional may ask you to take a Postprandial (poe-st-pran-dee-all) Plasma Glucose (PPG) test to show your glucose level after eating. This is often referred to as the post-meal glucose.
- You can monitor and write down your PPG to show your glucose level after eating.
- One to 2 hours after eating, your glucose levels should not go above 180 mg/dL (see ADA guidelines on this page).

If you have high PPG, your health care professional may adjust your diabetes management plan through:

- Diet
- Exercise
- Medicine
- Glucose monitoring

The 2 nationally known medical groups below develop guidelines for the treatment of type 2 diabetes:

- ADA stands for the American Diabetes Association
- AACE stands for the American Association of Clinical Endocrinologists

ADA PPG target range is less than 180 mg/dL
AACE PPG target range is less than 140 mg/dL

The ADA and AACE recommendations provided are general guidelines. Discuss your treatment goals with your health care professional.
Putting it all together

What is Type 2 Diabetes?

- Type 2 diabetes is a health problem where your blood glucose (sugar) levels are too high.
- Over time, high glucose can lead to health problems.
- Monitoring glucose levels can help manage your type 2 diabetes.

Working together with your health care professional

- Following your diabetes health management plan is important to manage your type 2 diabetes.
- This plan may include a team of health care professionals working with you.
- You are a very important member of your health care team.
- Your diabetes health management plan may include changes in your:
  - ✔ Diet
  - ✔ Medicine
  - ✔ Exercise
  - ✔ Glucose monitoring
- Follow the recommendations that your doctor provided to you.
What are your numbers telling you?

- There are different tests that measure your blood glucose (sugar) at different times.

What is a Glycated Hemoglobin (HbA1C) test?

- HbA1C reflects your average blood glucose over a 2-3 month time period.
- Your health care professional may recommend a blood test to monitor your HbA1C.

My HbA1C target is__________

What is a Fasting Plasma Glucose (FPG) test?

- Fasting means no eating and only drinking water for 8 hours.
- Your health care professional may ask you to monitor your glucose after fasting.
- Try to do your test in the morning so you can fast for at least 8 hours while sleeping.

My target FPG score is__________

What is a Postprandial Plasma Glucose (PPG) test?

- Postprandial means after eating.
- Your health care professional may ask you to monitor your glucose after eating.

My target PPG is__________

What can I do today?

- Talk to your health care professional about a healthy eating plan.
  - ________ calories per day

- Talk to your health care professional about an exercise plan.
  - ________ minutes per day

- Take your medicines as directed by your health care professional.

- Test and record your glucose as instructed by your health care professional.
Your Diabetes Health Care Team
Know that your health care team wants to help you manage your type 2 diabetes. Your team may include:

- **Primary Care Professional**
  Your main doctor or health care professional who helps to keep your whole body healthy
  
  **Health care professional recommendation:**

- **Dietician**
  Specialist who works with you to determine which food choices may help you manage your diabetes
  
  **Health care professional recommendation:**

- **Diabetes Educator**
  Specialist who can help you to create a plan for type 2 diabetes. Ask if there is a support group you can join
  
  **Health care professional recommendation:**

- **Nephrologist (Kidney Doctor)**
  Specialist who checks your kidneys. Regular checkups are important to check your kidney health
  
  **Health care professional recommendation:**

- **Ophthalmologist (Eye Doctor)**
  Specialist who checks your eyes. Regular checkups are important to check the health of your eyes
  
  **Health care professional recommendation:**

- **Podiatrist (Foot Doctor)**
  Specialist who checks your feet for cuts, blisters, swelling and sores. Regular checkups are important to check the health of your feet

  **Health care professional recommendation:**

- **Dentist**
  Specialist who checks your teeth and gums. Regular checkups are important to check the health of your teeth and gums

  **Health care professional recommendation:**

- **Endocrinologist (Hormone Doctor)**
  Specialist who checks your hormones and insulin levels. Regular checkups are important to help you manage your type 2 diabetes

  **Health care professional recommendation:**

- **Cardiologist (Heart Doctor)**
  Specialist who checks your heart, blood pressure and blood vessels. Regular checkups are important to check your heart health

  **Health care professional recommendation:**

- **Other recommendations**

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