

# DIABETES EDUCATION



Diabetes is a disease in which blood glucose levels are above normal. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

HbA1C Test Score	
Action Suggested	14.0
	13.0
	12.0
	11.0
	10.0
Good	9.0
	8.0
Excellent	7.0
	6.0
	5.0
	4.0

**A1C test can provide an overall picture of how well you're managing your diabetes.**

**When not controlled, complications of Diabetes could include:**

- Blindness
- Skin Infections
- Nerve Damage
- Foot Amputations
- Kidney Disease
- Heart Failure
- Fertility Problems
- Fatty Liver Disease
- Depression
- Gum Disease

## **The American Diabetes Association**

typically considers a person with diabetes to be “well controlled” if they are able to maintain an A1C level at 7.0 or below.



**Saint Alphonsus**



**Trinity Health**  
Livonia, MI



Follow these steps to keep your diabetes on track.



Take your medications as prescribed by your doctor.



Reach and maintain a healthy weight.



Add more physical activity to your daily routine.



Control your ABC's: A1C, Blood Pressure and Cholesterol.



Kick the smoking habit.



**Call your doctor right away if you show these signs:**

- New onset dizziness
- Persistent Nausea
- Vomiting
- Confusion
- Blood sugars more than 400



**Saint Alphonse**



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If you have not been diagnosed with diabetes and your A1C is above 6.5, consult your primary care provider.

If you are not established with a healthcare provider, let us find you one: Call Saint Alphonse at 208-367-DOCS (3627).

**For more information contact the Corporate Health and Wellness Nurse (208) 367-6567.**