

# MAKE THE COMMITMENT TO GET TO YOUR A1C GOAL



## THE FACTS

### DID YOU KNOW?

ABOUT 1/3 OF ADULTS  
LIVING WITH TYPE 2 DIABETES  
ARE NOT AT THEIR  
A1C GOAL

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

- ▶ Diabetes disproportionately affects different ethnic groups
- ▶ Nearly **13%** of all African-American adults have been diagnosed with diabetes
- ▶ About **12%** of all Hispanic adults have been diagnosed 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:

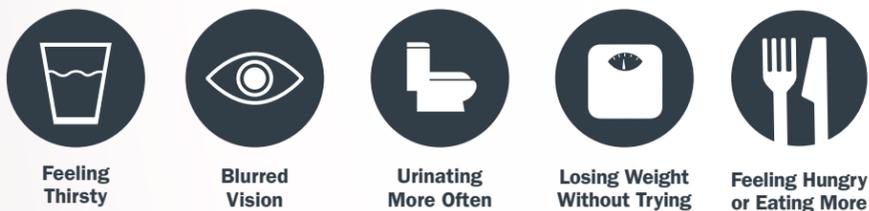


The American Diabetes Association recommends that people with diabetes have an individualized A1C goal. The goal for many adults with diabetes is <7%. Other people with diabetes may have a higher or lower A1C goal, so be sure to speak with your doctor about the goal that's right for you. People with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

## 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



### SIGNS AND SYMPTOMS OF HYPOGLYCEMIA



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 work with their doctor to set and reach their A1C goal. Patients and their loved ones can also access educational resources and tips to help tackle some common challenges of type 2 diabetes management at [www.AmericasDiabetesChallenge.com](http://www.AmericasDiabetesChallenge.com).