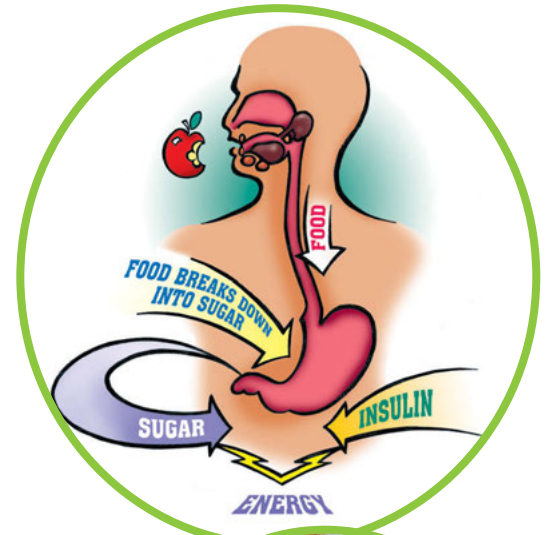


About Glucose and Diabetes

When you have diabetes, you have too much sugar (glucose) in your bloodstream. Here is what happens:

1. When you eat food, your body changes it into sugar in your bloodstream. That happens with most foods, not just sweets.
2. Your body also naturally makes insulin. Insulin helps move the sugar from your blood into your body's cells for energy.
3. If your body cannot produce enough insulin or cannot properly use the insulin it has, the sugar (glucose) cannot move from your bloodstream to your cells.
4. Your cells don't get the sugar they need for energy, and glucose builds up in your blood. Over time high blood sugar puts you at risk for developing diabetes and related complications.



Knowing Your A1C Number

Your health care provider does a type of blood test—the A1C test—to tell how well the sugar (glucose) in your blood has been controlled. This shows your blood sugar control over the past 3 months.

You should discuss your A1C goals with your health care provider. Many patients with diabetes have an A1C goal of less than 7%. However, your individual goals may be more or less depending on your age and/or health history. For example, some seniors may have a goal of less than 8% depending on health history. Talk to your health care provider about the right goal for you. If your blood sugar is not controlled, you may be at risk for developing serious complications later. The good news is that your health care provider can recommend a treatment plan of diet and exercise and can add medicine if you need it.



Knowing Your **Diabetes Terms**

QUICK DEFINITIONS

Term	What It Means	How It Affects You
A1C (also called HbA1C)	A test your health care provider gives. Shows the sugar level in your blood over the last 2-3 months.	Lowering your A1C may lessen problems caused by diabetes. Discuss your A1C level with your health care provider.
Diabetes	A disease that occurs when your body cannot use or produce insulin as it should. It is a chronic illness that requires medical care and self-management.	If not controlled, diabetes may lead to serious health problems. You can take steps to help control blood sugar and lower the risks of complications.
Glucose	A type of sugar found in your blood that is the body's main source of energy.	Treating diabetes is based on balancing insulin and glucose levels in the blood.
Insulin	A hormone that helps your body use blood sugar for energy.	Without insulin, glucose cannot go to your cells.
Type 2 Diabetes	The most-common form of diabetes. Formerly called "adult-onset diabetes," but you can get it at any age.	Being overweight or inactive increases your chances of getting diabetes.