

DO YOU KNOW YOUR HbA1C?

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Your provider should be checking your HbA1C at least twice a year if you have diabetes, preferably quarterly if you are above the goal of 7.0%.

Did you know that lowering your HbA1C by just 1 point can do the following for the health of people with diabetes?



- 76% reduction in eye disease.
- 57% reduction in heart attack, stroke, or death from cardiovascular causes.
- 50% reduction in kidney disease.
- 60% reduction in nerve disease.

Easy ways to lower your HbA1C:

1. Check your blood sugar regularly. You can't change what you don't acknowledge! Studies have shown that people who check their blood sugar daily have lower HbA1C numbers than those who don't.

2. Make small changes in your way of eating. Increasing non-starchy vegetables, healthy fat, and protein while decreasing simple carbohydrates will make strides toward better blood sugar control without all of the counting of carbohydrates. Consider using the "plate method" of eating. One-quarter of what you are eating should be carbohydrates balanced with protein, and the rest of your diet should be filled with non-starchy vegetables.

3. Increase your activity level. A simple 10-to 20-minute walk after a meal will lead to better insulin resistance and better blood sugar control. Work your way up to 150 minutes of moderate activity a week!

4. Take your prescribed medications as directed. Do not skip doses or take them at the wrong time.

5. Stay consistent! Small changes that become habits make big strides over time!

