

Targets for diabetes

Information for patients and families

Blood sugars

- Fasting blood sugar/ before meals (mmol/L)
- Blood sugar 2 hours after meals (mmol/L)
- A1c (%)

4 to 7

5 to 10

less than 7.0



Cholesterol

- LDL (bad) cholesterol (mmol/L)
- HDL (good) cholesterol (mmol/L)
- Triglycerides (mmol/L)
- Total cholesterol: HDL ratio

less than 2.0

more than 1.0

less than 1.5

less than 4.0

Blood pressure

130/80

Things to ask your doctor at each visit:



1. What was my blood pressure today? _____
2. What was my last cholesterol level? _____
3. What was my last A1c? _____
4. Has my urine been checked for protein? _____
5. Should I see an eye specialist (ophthalmologist)? _____
6. Could you please look at my feet? _____

St. Michael's cares about your health. For reliable health information, visit our Patient and Family Learning Centre, Room 6-004, 6th floor, Cardinal Carter Wing, or find us online at www.stmichaelshospital.com/learn

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

72960 Dev. Jan19 2016 V1

www.stmichaelshospital.com/programs/diabetes/
Booking Line: 416 867-3679