

What should my blood glucose targets be?

As a guide, you need to know what levels to aim for. Here are the targets recommended for most people with diabetes as recommended by the CDA. If your targets are different than those recommended, write them in the space provided.

Target for most¹

Before meals	4 - 7 mmol/L
2 hours after meals	5 - 10 mmol/L
A1C	Less than or equal to 7%

My Targets

Before meals	
2 hours after meals	
A1C	

Why should I aim for target blood glucose levels?

In the short term, you will feel better because you won't have the symptoms of high blood glucose like increased thirst, going to the bathroom frequently, blurry vision and lack of energy.

In the long term, studies of both type 1 and type 2 diabetes have shown that diabetes therapy aimed to achieve target level glucose results will delay or slow the progression of the long term complications of diabetes.^{2,3} If your glucose levels are elevated over a period of time, this can cause damage to the blood vessel wall, affecting your heart, eyes, kidneys, and nerves. This could result in heart attack, stroke, impaired vision or blindness, kidney damage, erectile dysfunction, or loss of feeling in the feet.

Testing daily and A1C. You need both.

Monitoring your own blood glucose tells you what is happening on a daily basis. It tells you how your meals, medications, and activities, affect your blood glucose and allows you to make choices about what to do next (such as how much to eat, and how much activity to do.) The A1C is usually measured every three months and it gives you an average of your levels during that time. The A1C gives the big picture of the state of your overall diabetes control.

Monitoring your blood glucose and having an A1C test done are important to assist with your glucose control.

Remember: Only you can manage your diabetes on a day-to-day basis.

Testing both before and after meals gives you the information you need to make the right choices!

If you have questions about the two-week challenge, the results, or diabetes management, your pharmacist can help.

The content of this brochure is provided for general information only. It is not intended to be a substitute for medical or other advice or to provide a diagnosis. All specific questions or concerns should be addressed with your own health care providers. Nothing contained in this brochure should replace medical advice, medical visits or recommendations from health care providers.

DIABETES?



Know your diabetes.

A valuable resource to help you gain better blood glucose control.



Try the two-week challenge! 14 days to better understanding.

Your blood glucose is affected by many things, including food, exercise and medications. With this two-week activity, you can learn how your blood glucose reacts to the foods you eat. You can begin to think about what you can do when your blood glucose is out of target range.

Step 1: Each day of the week, choose a different meal and test before and two hours after the meal. This will tell you important information about your meals and the effect of your medication.

	Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Before bedtime
Example Day 1			6.0	10.0			
Example Day 2	5.3	11.2					
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							

Target for most People with Diabetes

**Before meals:
After meals (2 hours):**

**4.0 - 7.0 mmol/L
5.0 - 10.0 mmol/L**

Why is it important to know what your blood glucose levels are?

By knowing what your blood glucose levels are, you can better understand the impact that food, activity, medication, and even stress have on your levels. This can help you make decisions about managing your diabetes and make choices that will help keep your blood glucose levels in target range, which can lead to better health.

Step 2: Take a closer look at your results.

How are your results before the meals? Are they above or below your target range?

How much does your blood glucose rise after a meal? Is it above or below your target range?

Are there any patterns? For instance, are your results always high after supper but in range after other meals?

Look at your results carefully and see if you can see a pattern. If you are taking insulin or medications that increase your insulin release, you will also want to watch out for low blood glucose result (less than 4.0 mmol/L). If you are experiencing low blood glucose, you will need to treat immediately. If you see a pattern of low blood glucose, make sure you address them before your high patterns.

Step 3: The reasons behind your numbers.

Once you have decided where your results are out of the target range, try to figure out why that might be. **Ask yourself:**

- **Have I taken my medication regularly?**

If you have missed doses, your blood glucose will be higher.

- **Have I eaten appropriate amounts and types of food?**

If you have eaten more starchy or sweet foods than usual, your results will be higher.

If you have eaten less starchy or sweet foods, your results may be lower.

- **Have I done any physical activity lately?**

If you have not done any activity, your result may be higher than usual.

If you have been very active, your results may be lower.

- **Have I been unduly stressed or ill over these weeks?**

Stress and illness could result in higher than usual blood glucose levels?

Step 4: Fine-tuning your blood glucose.

If you determine why your results are out of range think about what you can do to improve them.

If your results are low:

You must treat your low blood glucose immediately. You might find that your meals need to be more balanced. You might want to discuss this further with a dietician. You might want to check your blood glucose before you are active.

If your results are high:

Be sure to get some regular activity - 30 minutes a day, 5 days a week of moderately intense activity is recommended.* That is a brisk walk for most peoples. You might find that you have eaten more starches or sweet food than recommended and need to get back on track.

If you are having trouble remembering to take your medication on a regular basis, talk to your pharmacist. The pharmacist can give you some tips to help you remember to take your medications. If you are not able to find a reason for the results being out of range, speak to your pharmacist or doctor who can help you understand why.

*Consult your Health Care Professional before starting any exercise program.