

Improving Glucose Control

Blood glucose and hemoglobin A1c levels are used to determine how well your diabetes is managed. Learning how your body responds to foods, physical activity, and medications empowers you to make daily decisions about your diabetes care.

Blood glucose monitoring

A glucometer is a device used to check the concentration of glucose in the capillary. A **continuous glucose-monitoring device (CGM)** works through a small sensor inserted under the skin to measure glucose in the interstitial fluid (fluid between cells) every few minutes. If using a CGM, you will still need to carry a back-up glucometer in case the CGM fails or the reading does not match your symptoms.

Time in range

When using a continuous glucose monitor, we want to look at **how much time glucose is spent in range (70–180 mg/dL).**

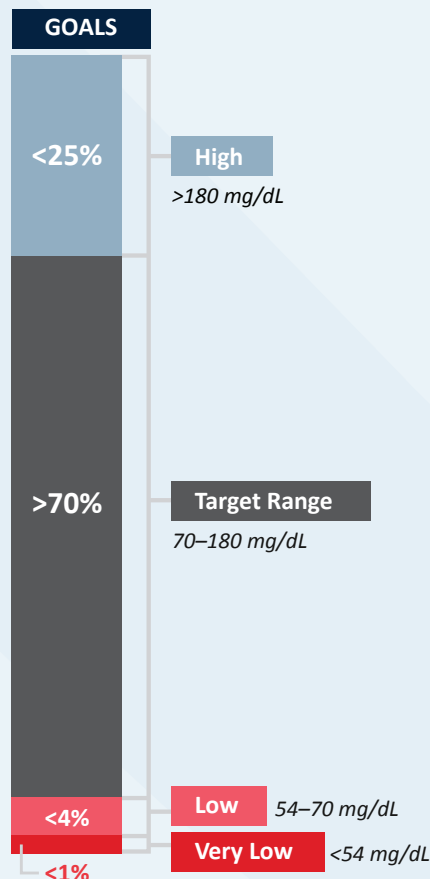
Recommended range*

Before meals:
70–130 mg/dL

2 hours after meals:
< 180 mg/dL

Check your blood glucoses

- Before
 - Meals
 - Bedtime
 - Driving
- Before and after exercise
- During illness or with symptoms of hypoglycemia or hyperglycemia



Hemoglobin A1c Testing

A hemoglobin A1c (HbA1c) test outlines your average glucose over the past 2–3 months. **People with lower A1c results have fewer diabetes complications** such as blindness, kidney failure, amputation and heart problems.

The goal for most adults with diabetes is an **HbA1c that is less than 7%.***

| A1c (%) | Mean Plasma Glucose (mg/dL) |
|---------|-----------------------------|
| 6 | 126 |
| 7 | 154 |
| 8 | 183 |
| 9 | 212 |
| 10 | 240 |
| 11 | 269 |
| 12 | 298 |

Diabetes Line
832-822-3670



YADP
Young Adult Diabetes Program



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