



*Know Your*TM Numbers



Note to the healthcare provider: The information is intended to familiarize you with the content of the Bayer *Know Your*TM Patient Education Materials. The *Know Your*TM material is intended for educational purposes only and it is not a substitute for individual advice and diabetes management recommendations. Only healthcare providers directly involved in patient care should use these materials for diabetes education.



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Did You Know?

Diabetes affects almost 26 million people in the US according to the CDC.

- Diabetes can affect many parts of the body and lead to complications

BUT

- You can reduce your risk of complications by managing
 - Blood pressure
 - Lipids (such as cholesterol and triglycerides)



You Are in Charge

Living with diabetes may seem complicated at times. Understanding it can help you take control.

- Eat healthy food in healthy amounts
- Stay active
- Take your medications as prescribed by your HCP
- Get all necessary laboratory tests done
- Learn how to cope with stress



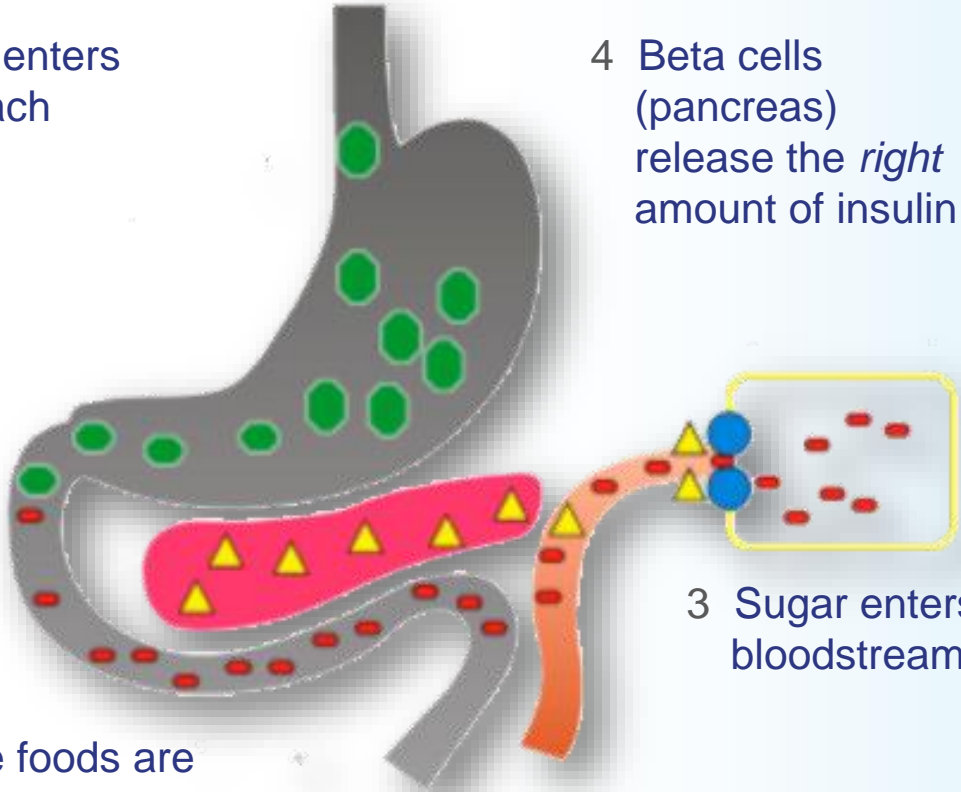
How Does the Body Convert Food into Energy (a person without diabetes)



1 Food enters stomach

4 Beta cells (pancreas) release the *right* amount of insulin

5 Insulin facilitates entry of sugar into the cells



2 Some foods are converted into sugar

3 Sugar enters bloodstream

6 Sugar enters cells

Tips for Healthy Nutrition



Dietary goals

- The ADA recommends nutrition therapy for all patients with diabetes
- Consult with a qualified HCP or RDN to develop your meal plan
- Nutrition therapy should be tailored to your needs



The *Know Your™ Nutrition* brochure from Bayer has more information on healthy meal planning, including healthy food choices, portion control, carbohydrate counting, and understanding food labels.

Ask your HCP to share it with you when discussing your nutrition plan.

Numbers and Tests You Should Know About



Blood sugar

- Tells you immediately what your blood sugar level is at any point in time

A1C (hemoglobin A1C)

- Measures blood sugar control over a period of time (past several months)

Lipids

- Blood fats – such as cholesterol and triglycerides – and are measured by a laboratory test

Blood pressure

- Measures the force of your blood against vessel walls when your heart is pumping and at rest

Microalbumin

- Measures the amount of protein in your urine

Dilated eye exam

- Test conducted once a year by a specialist

Foot exam

- Check your feet daily and receive a comprehensive foot exam at each visit with your HCP
- See a foot specialist once a year or if there are problems

Dental exam

- You should have your teeth cleaned and examined at least twice each year

Getting in the Rhythm – when to check your numbers



The American Diabetes Association recommends the following tests in the following frequency:

Daily	Twice/Year	Once/Year
<ul style="list-style-type: none">• Blood Sugar• Feet	<ul style="list-style-type: none">• Blood Pressure• Feet• A1C Test	<ul style="list-style-type: none">• Lipids• Microalbumin• Eye Exam



Testing Your Blood Sugar

Testing your blood sugar at different times of the day is an important part of managing your diabetes

- Testing tells you if your blood sugar is too high or too low
- Testing can help you understanding how food, exercise, or your medicine work and how these things affect your blood sugar

Some meters may help you monitor your blood sugar at different times of the day by providing you with Fasting, Before-Meal, and After-Meal marker features.

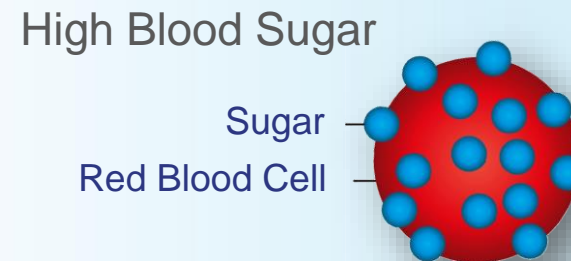
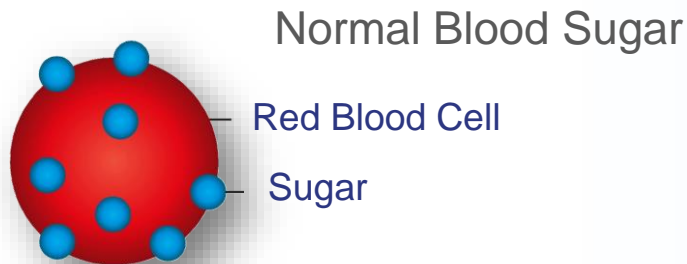


Testing Your A1C

- A1C test is an average blood sugar number over the past several (3) months
- As sugar levels rise – more sugar attached to the red blood cells (hemoglobin)
- Shown either as a percentage or as eAG (Estimated Average Blood Glucose)

Matching A1C with eAG²

A1C (%)	Blood sugar (mg/dL)
6	126
7	154
8	183
9	212
10	240
11	269
12	298



Simplified conceptual diagram

Many Ways to Design a Testing Plan



7-point Blood Sugar Testing Plan Example

	Breakfast		Lunch		Dinner		Bedtime
	Just Before Meal	2 Hours After Start of Meal	Just Before Meal	2 Hours After Start of Meal	Just Before Meal	2 Hours After Start of Meal	
Sunday							
Monday							
Tuesday	X	X	X	X	X	X	X
Wednesday	X	X	X	X	X	X	X
Thursday	X	X	X	X	X	X	X
Friday							
Saturday							

Staggered Or Random Testing Plan Example

	Breakfast		Lunch		Dinner		Bedtime
	Just Before Meal	2 Hours After Start of Meal	Just Before Meal	2 Hours After Start of Meal	Just Before Meal	2 Hours After Start of Meal	
Sunday	X	X					
Monday			X	X			
Tuesday					X	X	
Wednesday	X	X					
Thursday			X	X			
Friday					X	X	
Saturday	X	X					

Adapted from
IDF Guidelines

Making the Most of Your Blood Sugar Results



Step 1: Have goals

- Set blood sugar, A1C, weight, fitness, and blood pressure goals

Step 2: Gather information

- Keep a record book and make notes about food and exercise, too

Step 3: Look for patterns or trends

- 3 blood sugars above target at the same time of day or low blood sugar for 2 days in a row

Step 4: Make notes

- Anything out of the ordinary

Step 5: Take action

- Figure out what to ask or what to do to improve control

Long-Term Complications of Diabetes



Long-term complications are a major cause of death and disability in patients with diabetes

The Risk of these complications can decrease with good control of blood sugar.

Possible complications of diabetes include:

- *Retinopathy* – eye disease
- *Nephropathy* – kidney disease
- *Neuropathy* – nerve disease
- *Cardio, Peripheral and Cerebro-vascular diseases*

High blood pressure and high blood fats can also contribute to these problems – therefore – it is vital for all patients with diabetes to control their blood sugar to prevent long-term complications of diabetes.

Know Your Goals



Goals for Control		
Test	AACE	ADA
Fasting/before-meal blood sugar	<110 mg/dL	70-130 mg/dL
After-meal blood sugar 2 hours after start of meal	<140 mg/dL	<180 mg/dL
A1C	≤6.5%	<7%
Blood pressure	<130/80 mm Hg	<140/80 mm Hg
Microalbumin (urine protein)	<30 µg/mg creatinine on a spot sample	<30 µg/mg creatinine on a spot sample
Lipids (fats)		
LDL cholesterol	≤70 mg/dL for highest risk <100 mg/dL for high risk	<100 mg/dL
HDL cholesterol	>40 mg/dL for men >50 mg/dL for women	>40 mg/dL for men >50 mg/dL for women
Triglycerides	<150 mg/dL	<150 mg/dL

Summary

- Good diabetes control matters!
- Good control means eating healthy – staying active – taking medications as prescribed and going to healthcare visits
- Know the meaning of your numbers and speak to your HCP today





Know Your™ Numbers

