

Is Your Plan for Treating Diabetes Working?

When you have Type 2 Diabetes, many of the choices you make each day directly affect your blood glucose (or sugar) and overall health.

You are doing your best to manage your blood sugar to prevent or delay the long term health problems diabetes can cause.

And with that as your goal, it is important to know that your plan is working.

Each part of your diabetes management plan, including making healthy food choices, getting physical activity, taking medicines if necessary, and monitoring your blood sugar, work together to keep your blood sugar level in a healthy target range.

The best way to tell how well your plan is working is to check your blood sugar on a regular basis.

Work with your doctor to establish a daily blood sugar target.

This target is a range that you are aiming for and is specific for you.

Your doctor may recommend you check when you first wake up in the morning before you eat, or they may recommend you check 2 hours after starting a meal.

You might have a continuous glucose monitor (CGM), or use a glucose meter, either way knowing your level is important.

If the results of your home blood sugar checks often fall into your target range, great.

But if your results are often higher or lower than your target range, you may need to make adjustments to your management plan.

Talk to your diabetes care team about checking at different times during the day so you have a more complete picture of your overall blood sugar control and can make changes to your management plan if needed.

Another way to see how well your management plan is working is to get regular A1C tests.

The A1C is a blood test that shows how well you have managed your blood sugar over the past 2 to 3 months and is done at your doctor's office or a lab.

People without diabetes have an A1C range of less than 5.7%.

A1C readings of less than 7% mean that you may have a better chance of delaying or preventing the long-term complications of diabetes.

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If your daily home blood sugar checks are often high, your A1C result will most likely be high as well.

Ask your doctor what your A1C goal is.

Make sure your management plan is working for you.

Getting your blood sugar level in a healthy target range and keeping it there is the key to diabetes self-management and maintaining good health for the long-term.