**Optimal Control of Diabetes – Patient Information Leaflet**

**HbA1c**

HbA1c (glycosylated haemoglobin A1c) is a blood test the GP or hospital perform. It is a measure of your average blood sugar control over approximately 3 months. This is a valuable guide to how well controlled your diabetes has been.

People with diabetes should aim to keep their HbA1c values below 48 mmol/mol (6.5%). Certain people, such as those at risk of severe hypoglycaemia, however, may be advised to keep their HbA1c under 58 mmol/l (7.5%) instead. Ideally, the lower the HbA1c value you can achieve without increasing instances or severity of hypoglycaemia, the better. For comparison purposes, people without diabetes then to get HbA1c reading in the 15 to 37 mmol/mol (3.5 to 5.5%) range.

**Cholesterol**

Cholesterol is a blood fat that can narrow blood arteries within the body, increasing the risk of cardiovascular disease such as heart attacks and strokes. It also increases the risk of loss of sight from diabetic retinopathy and maculopathy.

People with diabetes should aim to meet the following blood lipid (cholesterol) targets: Total cholesterol: under 4.0 mmol/l. If you do not reach this level, then starting or increasing your medication should be discussed with your GP or Diabetologist.

**BP (Blood Pressure)**

High blood pressure accelerates the progression of diabetes complications such as impaired kidney function and diabetic retinopathy.

People with diabetes should get a blood pressure reading of below 130/80 mmHg (millimetres of mercury). The target level for people with diabetes is actually lower than the target for people without diabetes. If your blood pressure is higher than this target, please see your practice nurse or GP to have this checked again when you are feeling your normal self.

*Adapted from* [*http://www.diabetes.co.uk/diabetes-health-guidelines.html*](http://www.diabetes.co.uk/diabetes-health-guidelines.html)