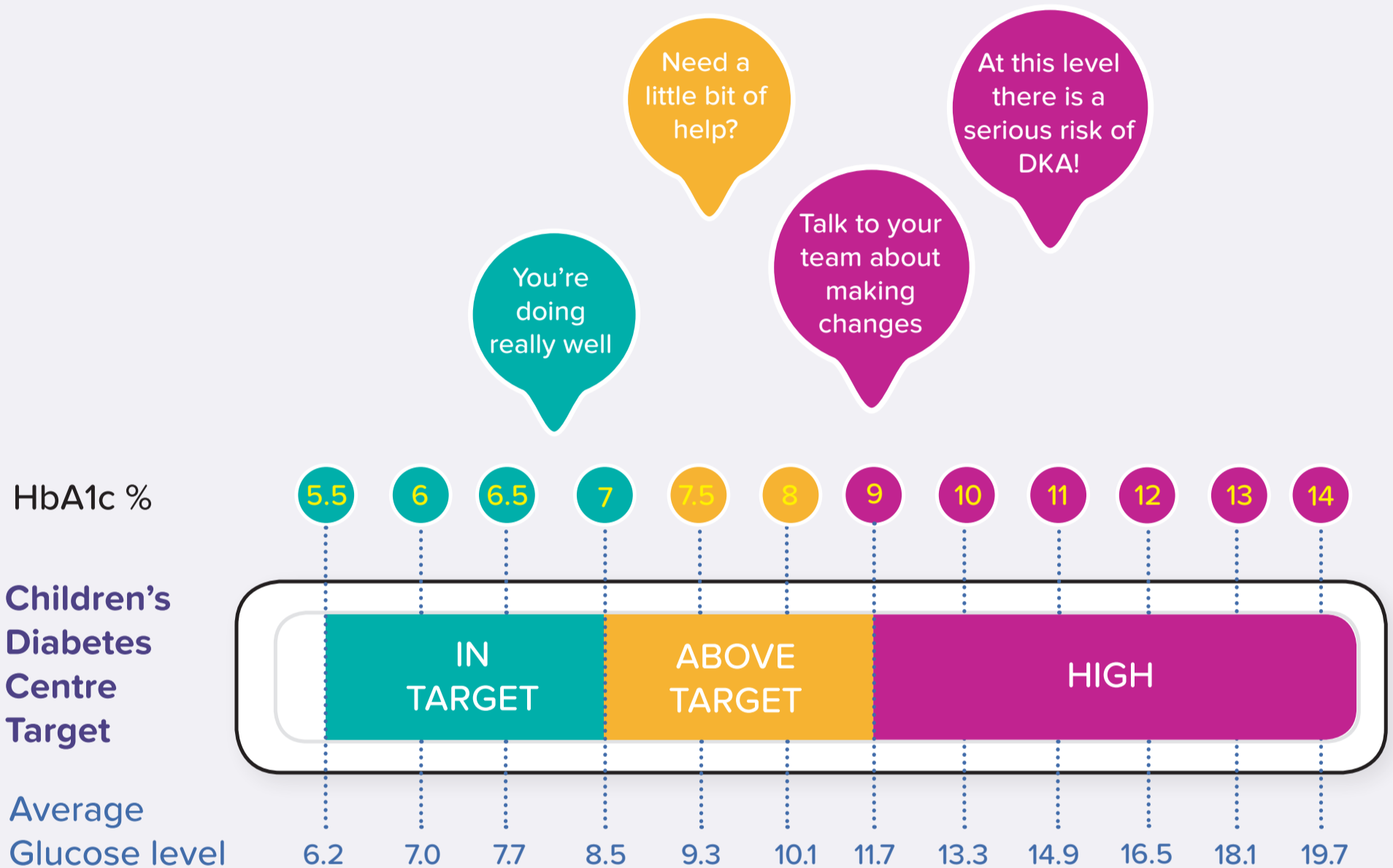


Your HbA1c Chart



THINGS TO REMEMBER

- ▶ Your HbA1c is a measure of your blood glucose over the last 8-12 weeks.
- ▶ The target HbA1c is 7% or lower without frequent hypos.
- ▶ High blood glucose levels affect mood, growth, energy and concentration.
- ▶ Very high blood glucose levels can cause ketones to be produced and increase the risk of life threatening DKA.
- ▶ Lowering your HbA1c reduces your risk of complications.
- ▶ If using Continuous Glucose Monitoring (CGM), aim to be in target 80% of the time.

Know the numbers

Every child and young person with Type 1 Diabetes has to manage their condition to live a healthy, happy life. This quick guide shows the numbers that you and your family should be aiming for.

BLOOD GLUCOSE GUIDANCE FOR TYPE 1 DIABETES

HbA1c
(Shows control over 3 months)

≤ **7%**

7 DAY AVERAGE
(of daily Glucose reading)

< **8**
mmol/L

% TIME IN TARGET
for CGM

80%

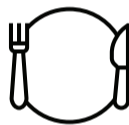
WHAT TO AIM FOR DURING THE DAY

BEFORE MEALS
(Including breakfast)



4-8
mmol/L

3 hrs AFTER MEALS



4-8
mmol/L

BEDTIME
(3 hrs after eating)



4-8
mmol/L

TOP 3 TIPS FOR MANAGING BLOOD GLUCOSE

1 GIVE INSULIN

15

MINUTES BEFORE MEALS

2 CHECK YOUR GLUCOSE LEVEL AT LEAST

5

TIMES A DAY

3 REVIEW YOUR RATIOS

**ICR
ISF**

CHECK YOUR MEAL RISE

Remember, a lot of things can affect your glucose readings such as exercise, illness and worry. Do you or your family need a little help? Is there something you're struggling with?

Refer to the resources at: www.childrensdiabetescentre.org.au
or talk to your Diabetes Team, who will be happy to help you.

