

# Diabetes

## Numbers to know...

The targets listed below are suggested by the National Institutes of Health and the American Diabetes Association. Talk to your health care provider about your ABC targets.

Tests	Target	How Often?
<b>A1C</b> (glucose average)	Below 7*	At least twice a year
<b>Blood Pressure</b>	Below 130/80	At every visit
<b>Cholesterol</b> (LDL)	Below 100	At least once a year

\*An A1C of 7 equals an average blood glucose of 154.

A1C %	eAG mg/dl
6	126
6.5	140
<b>7</b>	<b>154</b>
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240

**A1C to eAG Conversion Chart:** This table shows the relationship between A1C and estimated average glucose. (The units mg/dl are used in the United States; the units mmol/l are used in much of the rest of the world.) Source: American Diabetes Association.