

Know Your Numbers

This guide will help you understand your Type 2 Diabetes test results.

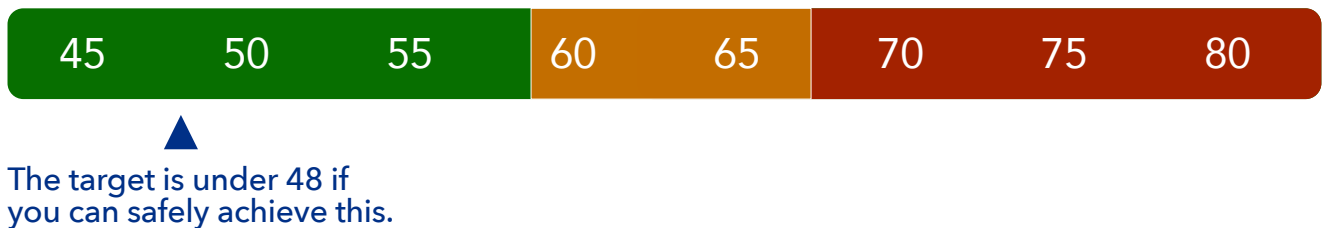


Find more information about diabetes using the QR code or <https://services.nhsllothian.scot/diabetesservice/help-with-your-type-2-diabetes>
 Speak to us if you have any questions - it's always OK to ask.



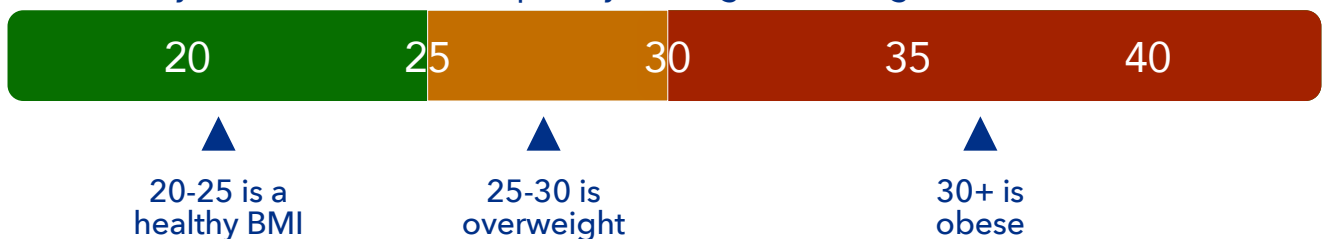
Blood sugar

HbA1c - this shows how much sugar has been in your blood over a 2-3 month period.



Weight

BMI (Body Mass Index) - this compares your height and weight.





Kidneys

ACR (Albumin/Creatinine ratio) - how much protein is leaking out of your kidneys.



▲
Your kidneys may be damaged.

eGFR (estimated Glomerular Filtration rate) - how well your kidneys filter out toxins.



▲
Your kidneys may be damaged.



Blood Pressure & Cholesterol

Blood Pressure - the force your heart uses to pump blood around your body.



▲
You are at risk of heart disease and strokes.

Cholesterol - how much fat is in your blood vessels.



▲
You are at risk of blocked blood vessels, heart problems or strokes.

It's OK to ask: Use this space to note down your personal goals and any questions you have for your next appointment.