

Know Your Numbers

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

1 2 3 4 5 6 7 8

Lower numbers show your organs are working well.

Higher numbers show your organs may be at risk.



Find more information about diabetes using the QR code or https://services.nhslothian.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.

45 50 55 60 65 70 75 80

The target is under 48 if you can safely achieve this.



Weight

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





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

 3.0
 3.5
 4.0
 4.5
 5.0
 5.5
 6.0
 6.5
 7.0
 7.5
 8.0

Your kidneys may be damaged.

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

90 80 70 60 50 40 30 20 10

Your kidneys may be damaged.



Blood Pressure & Cholesterol

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

 125/75
 130/80
 135/85
 140/90
 145/95
 150/100
 155/105
 180/110

You are at risk of heart disease and strokes.

Cholesterol - how much fat is in your blood vessels.

3.0 3.5 4.0 4.5 5.0 5.5 6.0 6.5 7.0

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.