

# Diabetes Control

## Information for Parents and Carers

Young people particularly teenagers don't like to write down their blood glucose levels. Many excuses are given for this such as:

- 'being too busy and not having the time'
- 'can remember the results so don't need to write it down'
- 'can't find the BG book'
- 'can't find a pen'

Whatever the reason for not recording the blood glucose levels (BGL's), this results in the young person not thinking about what the levels mean. If the BGL's are at least written down it gives the young person an opportunity to see if there are any patterns in the levels e.g. consistently high in the mornings, consistently low at dinner time.

If these patterns are not recognised then required changes are made to the insulin doses and poor control continues.

### Why is Good Diabetes Control Needed?

Too much glucose in the blood stream for a long time causes diabetes related complications. High blood glucose levels (BGL's) damage many parts of the body, such as the heart, blood vessels, eyes, and kidneys. Heart and blood vessel disease can lead to heart attacks and strokes. By keeping your BGL's as close to normal as possible (between 4 and 8 mmol/L most of the time) the risk to long term health is reduced.

### What is a HbA<sub>1c</sub>?

A HbA<sub>1c</sub> test shows the average amount of glucose that has been in the bloodstream during the past 3 months. This test is usually done every 3 months and gives valuable information about diabetes control. Most hospital clinics have a machine that can test the HbA<sub>1c</sub> which gives a result in just a few minutes and is done by taking a finger prick blood test.

The result is given as a percentage e.g. 9%. This does not mean that the average BGL has been 9 mmol/L for the past 3 months.

The table below will show what your HbA<sub>1c</sub> results mean.

<b>What Your HbA<sub>1c</sub> Results Mean</b>	
<b>HbA<sub>1c</sub> Result</b>	<b>Average Blood Glucose Level (mmol/L)</b>
<b>4%</b>	<b>2.6</b>
<b>5%</b>	<b>4.7</b>
<b>6%</b>	<b>6.3</b>
<b>7%</b>	<b>8.2</b>
<b>8%</b>	<b>10</b>
<b>9%</b>	<b>11.9</b>
<b>10%</b>	<b>13.7</b>
<b>11%</b>	<b>15.6</b>
<b>12%</b>	<b>17.4</b>
<b>13%</b>	<b>19.3</b>
<b>14%</b>	<b>21.1</b>

### What should my HbA<sub>1c</sub> Result Be?

The aim should be a HbA<sub>1c</sub> of 7% or lower. The lower your HbA<sub>1c</sub> is, the smaller the chance of having health problems in the future.

### Website

For more information on diabetes control visit the Queensland Government Diabetes Care Website: Module 4: Monitoring and Control  
[www.workingwonders.com.au/rchsubsites/diabetes26042005/html/m\\_05..htm](http://www.workingwonders.com.au/rchsubsites/diabetes26042005/html/m_05..htm)