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HEALTH
 INFORMATION
 FOR NEW YORK
 STATE RESIDENTS



Improving Healthcare
 for the Common Good®

November is American Diabetes Month

Are you or a family member one of the 1.8 million New Yorkers who have been diagnosed with diabetes? There are many things you can start doing today to manage this condition and prevent diabetes-related health problems. Along with planning your meals, being physically active, and taking your medications, monitoring your blood sugar levels should be an important part of your daily routine.

Five important things you should know about your blood sugar



1. Your blood sugar numbers

They show how well your diabetes is managed. You may notice that when you are stressed or eat certain foods, your numbers go up. And, when you take your medicine and are active, you may find that your numbers go down. This information lets you know what is working for you and what needs to change to help prevent diabetes-related health problems such as heart attack, stroke, kidney disease, and vision loss.

2. The types of tests that measure blood sugar

There are two ways to measure blood sugar:

- Blood sugar checks that you do yourself tell you what your blood sugar level is at the time you test.
- The A1C test, which is done in a lab or at your doctor's office tells you your average blood sugar level over the past two to three months. It also helps you and your healthcare team decide the type and amount of diabetes medicine you need.

IPRO Healthy Insights is authored by Dr. Clare Bradley, IPRO's Senior Vice President/Chief Medical Officer, and a nationally recognized public health advocate.

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3. How often you need to get an A1C test

You need to get an A1C test at least two times a year. You need it more often if your number is higher than your goal number or if your diabetes treatment changes.

4. Your target blood sugar levels

People with diabetes have blood sugar targets that they try to reach at different times of the day. Talk to your healthcare team about which blood sugar numbers are right for you. If you notice that your blood sugar level is falling outside the range your doctor gave you—it's too high or too low and it's happening for several days in a row—talk to your doctor or certified diabetes educator. You may need to change your diabetes treatment plan. Don't let fluctuations in your blood sugar go unreported.

5. How often you should check your blood sugar

The number of times that you check your blood sugar will depend on the type of diabetes you have and the type of medicine you take to treat your diabetes. For example, people who take insulin may need to check more often than people who do not take insulin. Talk to your healthcare team about how often and when to check your blood sugar.

Things to remember

- ✓ Check your blood sugar as many times a day as your healthcare team suggests.
- ✓ Have your A1C checked at least two times a year.
- ✓ Keep a record of your blood sugar and A1C numbers.
- ✓ Take your blood glucose meter and blood sugar record to your doctor visits and show them to your healthcare team. Tell your healthcare team how you think you are doing.
- ✓ Call your healthcare team if your blood sugar is often too high or too low.

About IPRO

Founded in 1984, IPRO is a New York based, national, not-for-profit organization. IPRO provides a range of healthcare improvement services that aim to improve the quality and value of healthcare provided to consumers across the country. For more information about IPRO, please visit our website <http://ipro.org>.

About the Author

Dr. Clare Bradley serves as IPRO's Senior Vice President/Chief Medical Officer. She is the recipient of the American Cancer Society's (ACS) prestigious St. George National Award for 2009, awarded for outstanding contributions to the control of cancer. Dr. Bradley is the past Chair of the Eastern Division (New York and New Jersey) of the ACS and has been an ACS Board Member since 2004. Dr. Bradley is board certified in Internal Medicine and is an associate Professor in the Department of Preventative Medicine in the School of Medicine at the State University of New York, Stony Brook.



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