

Your Diabetes Results

The purpose of this leaflet is to help you know what your results mean, and to help you consider your options to reduce the future chances of complications.

Smoking:

Smoking causes many health problems but is particularly damaging for people with diabetes. If you smoke it can increase your risk of heart attacks and strokes. You are 6-7 times more at risk of a heart attack if you have diabetes and smoke than someone who does not have diabetes and does not smoke.

Non-smoker Passive (breathing other people's smoke) or ex-smoker Smoker

You can get support to stop smoking from:

Your general practice

Smoking cessation advisors

Support groups

Medication

Blood Pressure (BP):

Blood pressure is the pressure of blood that flows through your body. The lower your blood pressure the lower your risk of developing complications like strokes and heart attacks.

Best levels: You should aim for your blood pressure to be below 140/80, or below 130/80 if you have kidney problems.

$\frac{125}{75}$ $\frac{130}{78}$ $\frac{136}{78}$ $\frac{140}{80}$ $\frac{145}{85}$ $\frac{150}{100}$ $\frac{155}{105}$ $\frac{180}{110}$ or above

You can help reduce your blood pressure by:

Having less alcohol

Having less salt

Taking medication

Being more active

Eating fruit and veg

Losing weight

Weight:

Being overweight increases, your risk of medical conditions including heart disease, arthritis, and earlier death. It can also make your diabetes and blood pressure more difficult to control.

Weight is measured as **Body Mass Index (BMI)**. It compares your height to your weight and can be a way of predicting your risk of developing a heart attack or a stroke.

Healthy weight 19 25 30 Less healthy weight 35 and above

You can help to lower your weight by:

Having less alcohol

Having less carbohydrate

Attending support sessions

Being active

Eating smaller portions

Taking medication

Eating less fat

Cholesterol:

Cholesterol is a blood fat that can block blood vessels. Lowering your non-HDL cholesterol can reduce the risk of heart attacks and strokes.

Best levels: Non-HDL Aim for 2.5 or less



You can help reduce your cholesterol by:

Taking medication

Eating smaller portions

Losing weight/being more active

Eating less fat (especially saturated fat)

Eating more fruit and veg

Diabetes levels/HbA1c:

Glucose (sugar) travels around your body in your blood. The levels of glucose in your blood over the last 8-10 weeks show your future risk of developing complications. This test is called HbA1c.

Best levels: Between 48-59 mmol/mol is associated with your lowest risk of future complications.



You can help reduce your HbA1c by:

Losing weight

Having less sugar

Eating smaller portions

Being active

Taking medication

Taking injections of insulin

Taking injections of GLP analogues

Kidneys:

Your kidneys filter blood and make urine. High glucose levels and high blood pressure can damage your kidneys. There are two tests completed at your annual check-up. The first is a urine test which checks for protein kidney leakage called an **ACR**, which stands for Albumin/Creatinine Ratio.

ACR (urine sample): Aim for under 3.0.



The other is a blood test which checks how your kidneys are filtering your blood (called an **eGFR**, which stands for estimated Glomerular Filtration Rate).

eGFR (blood test): The higher the number the better. Above 60 is best



You can help reduce your risk of developing kidney disease by:

Reducing your HbA1c

Reducing your BP

Taking medication

Not smoking