CHILDHOOD TYPE 1 DIABETES KNOW THE NUMBERS

Every child and young person with Type 1 diabetes has to manage their condition to live a healthy, happy life. This quick guide shows the blood glucose readings that you and your family should be aiming for.

BLOOD GLUCOSE GUIDANCE FOR TYPE 1 DIABETES

HbA1C

(SHOWS CONTROL OVER 3 MONTHS)

Less than

58MMOL/MOL

7 DAY AVERAGE

(OF DAILY BLOOD GLUCOSE CHECKS)

Aim for

8 MMOL/L

WHAT TO AIM FOR DURING THE DAY

BEFORE MEALS
(INCLUDING BREAKFAST)



4-7

2 HRS AFTER MEALS



5-9

BEDTIME



4-7 MM0L/L

TOP 3 TIPS FOR MANAGING BLOOD GLUCOSE



Give insulin

5-15 minutes before meal times

2

Check

your blood at least times a day

3

Improve

your carb counting skills....

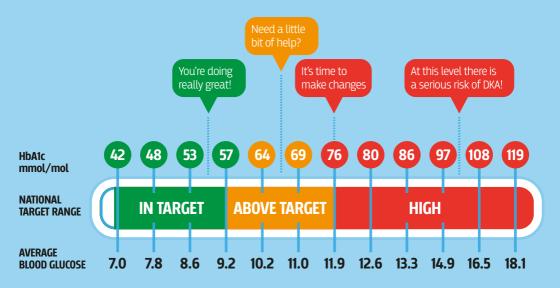
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Remember, a lot of things can affect your blood glucose readings such as exercise, illness and worry. Do you or your family need a little help? Is there something you're struggling with?

Talk to your Diabetes Team who will be happy to help you.



YOUR HDA1c CHART



Things to remember:

Your HbA1c is a measure of your blood glucose over the last 8-12 weeks.

The target HbA1c is less than 58mmol/mol (ideally 48mmol/mol) without frequent hypos. High blood glucose levels affect mood, growth, energy and concentration.

Very high blood glucose levels can cause ketones to be produced and increase the risk of life threatening Diabetic Ketoacidosis.

Lowering your HbA1c by just 10mmol/mol reduces your risk of complications by 20%.

Date:	Current HbA1c:	Last HbA1c:
Discussions:		
Next steps:		