

NAME:  
NAME OF DOCTOR/NURSE:

DATE:

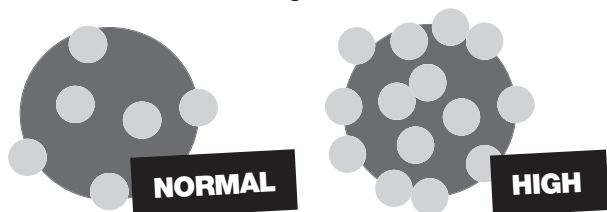
# DIABETES AND HIGH HbA1c INFORMATION PRESCRIPTION

Your last two HbA1c results are ..../..../....  ..../..../....

**Good glucose control is important to reduce your risk of devastating complications. Reducing HbA1c has been proven to have health benefits. Discuss and agree with your doctor or nurse a realistic personal target for HbA1c**

## What is HbA1c?

It tells you your average blood glucose for the last two to three months. We all need glucose for energy, but if you have diabetes your body loses its ability to use glucose. HbA1c measures how much glucose is stuck to your red blood cells. A finger-prick test shows you a snap-shot of your glucose at a moment in time, whereas HbA1c acts like a film recording how your glucose levels have changed.



## When is high HbA1c a problem?

High levels of blood glucose over a long period of time can damage the blood vessels. This puts you at higher risk of going blind, losing a limb or experiencing kidney failure.

## How can I lower my HbA1c?

It is important to understand that your HbA1c will change for many reasons including: how long you have had diabetes, sickness, depression, change in lifestyle or because of other medicine such as steroids. The actions you take to reduce your HbA1c will depend on whether you have Type 1 or Type 2 diabetes and your overall health. There are three main areas to be considered:

### AGREED ACTION PLAN

**My personal goal is:**

**To be achieved when:**

**The two steps that I will take to achieve this are:**

(Discuss and agree with your doctor or nurse. Think about What, Where, When and How?)

**1**

**2**

**1 Medication:** It may be time to increase your dose or introduce new medication – ask for advice.

**2 Education:** Your healthcare team are there to provide support, but *you* manage *your* diabetes. Education can help you understand what affects your blood glucose. Ask what is on offer in your area.

**3 Lifestyle:** Discuss what changes can lower HbA1c:

### Keep to a healthy weight

- Reduce the size of your portions and cut down on fatty and sugary foods.

### Eat a healthy balanced diet

- Eat less fatty food, processed meats, full-fat dairy, pastries and cakes.
- Be aware of how carbohydrate changes your blood glucose – you may need to eat less carbohydrate and choose wholegrains.
- If you drink, cut down on alcohol.
- Eat plenty of vegetables and fruit – aim for at least five portions a day.
- Eat more fish, particularly oily fish – aim for at least two portions a week.

### Get more active

- Aim for 30 minutes five times a week so that you raise your heart beat. Activities such as gardening, housework and walking all count.

### Stop smoking

- For help giving up ask for your local stop smoking service.