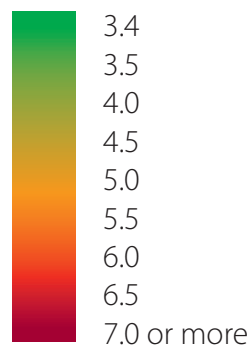


Cholesterol

Cholesterol is a fat, which is present in our blood. It lines the blood vessel walls and can restrict or block blood flow. Lowering your cholesterol can reduce the risk of heart attacks and strokes. Treatment to lower cholesterol is recommended for all people with diabetes over the age of 40.

It is advisable to aim for cholesterol of four or less

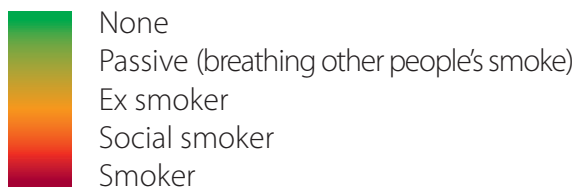


You can help reduce your cholesterol by

- Eating less fat (especially saturated fat)
- Eating smaller portions
- Losing weight
- Being more active
- Taking medication
- Eating more fruit and vegetables
- Eating oily fish

Smoking

Smoking causes many health problems but is particularly damaging for people with diabetes. You are nine times more at risk of a heart attack if you have diabetes and smoke than someone who does not smoke.



You can get support to stop smoking from

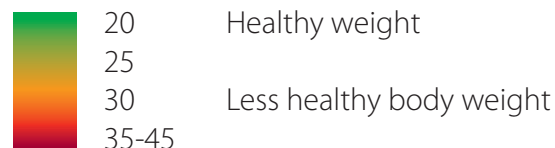
- Your local general practice
- Your local stop smoking team
- Support groups
- Medication

Weight

Weight is the measurement of your body weight in kilograms. For overweight people with diabetes there are major health benefits from losing weight. Excess weight makes it difficult for the body to use insulin properly (insulin resistance), whether the insulin is being made by the body or injected.

Body Mass Index (BMI)

BMI is an assessment of people's weight and height and gives an indication of whether somebody is underweight, a normal weight, overweight or very overweight.



You can help to lower your weight by

- Being more active
- Eating less fat (especially saturated fat)
- Eating smaller portions
- Drinking less alcohol
- Taking medication

You and your Diabetes

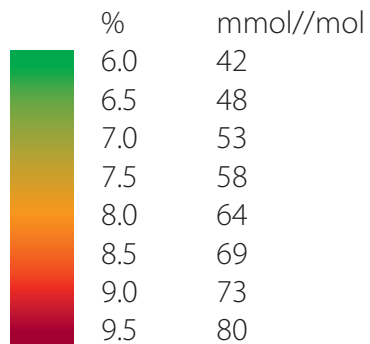


Your diabetes results **explained**

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

Diabetes control

The HbA1c blood test shows the average level of glucose in your blood over the last six to eight weeks. It is a useful tool to help you understand how well your diabetes is controlled. The result may be reported either as a percentage or mmol/mol - the higher the number, the higher the risk of developing complications. Please note this is not the same as a home testing blood glucose result.



You can help reduce your HbA1c by

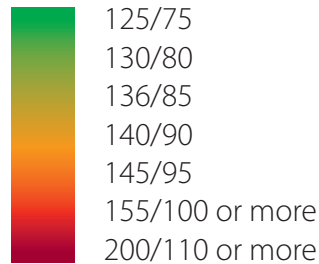
- Being more active
- Eating smaller portions
- Losing weight
- Taking diabetes medication as prescribed
- Taking or adjusting insulin
- Eating less carbohydrate foods, both sugars and starches

Blood Pressure

Blood pressure is the amount of force your blood exerts against the walls of your blood vessels. The larger number (systolic blood pressure) is the pressure against the blood vessel wall when the heart beats and pumps the blood into the vessel. The smaller number (diastolic blood pressure) is the pressure against the vessel wall when the heart is at rest.

The lower your blood pressure, the lower your risk of developing complications like strokes, heart attacks and kidney and eye problems.

The normal target is below 140/80. If any of your kidney tests are abnormal it is advisable to aim for a lower blood pressure of at least 130/80.



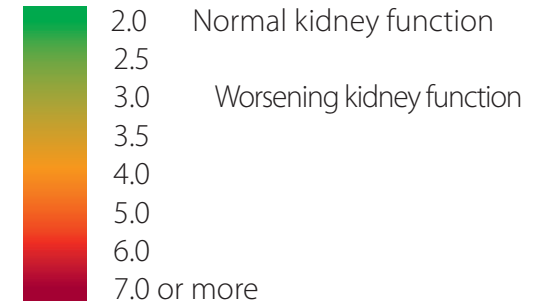
You can help reduce your blood pressure by

- Being more active
- Losing weight
- Eating more fruit and vegetables
- Drinking less alcohol
- Eating less salt
- Taking blood pressure medication as prescribed

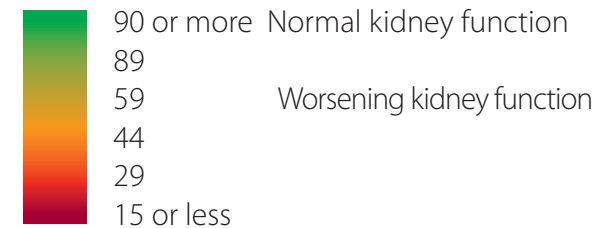
Kidney tests

The kidneys' function is to filter the blood. They remove waste and water and make urine. Tests to check how well the kidneys are functioning are:

1. Albumin Creatinine ratio (ACR) urine test assesses whether too much protein is leaking into the urine.



2. Glomerular Filtration Rate (GFR) blood test measures how much blood the kidneys are filtering.



You can help reduce your risk of developing kidney disease by

- Improving your diabetes control (HbA1c)
- Reducing your Blood Pressure
- Not smoking
- Taking medication to protect your kidneys