Your Hemoglobin (Hgb) A1C Level Result today is: _______% Date: __________

What is it?
The Hgb A1C test shows overall how high or low your child’s blood sugar readings have been over the past 6 to 8 weeks. The higher the Hgb A1C number, the higher the blood sugars have been. You need to have an Hgb A1C level done every 3 months.

Comparison of Average Blood Sugar Levels and Hgb A1C Values

<table>
<thead>
<tr>
<th>Blood sugar level</th>
<th>126</th>
<th>154</th>
<th>169</th>
<th>183</th>
<th>197</th>
<th>212</th>
<th>240</th>
<th>269</th>
<th>298</th>
<th>326</th>
<th>355</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hgb A1C Value</td>
<td>6%</td>
<td>7%</td>
<td>7.5%</td>
<td>8%</td>
<td>8.5%</td>
<td>9%</td>
<td>10%</td>
<td>11%</td>
<td>12%</td>
<td>13%</td>
<td>14%</td>
</tr>
</tbody>
</table>

Target Hgb A1C Levels for Each Age Group
“Maintaining Target Hgb A1C Prevents Complications”

<table>
<thead>
<tr>
<th>Age Level</th>
<th>Hgb A1C Target Range</th>
<th>Target Blood Sugar Levels Before Meals</th>
<th>Target Blood sugars during the night</th>
<th>Low blood sugars you can have each week during the day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 6 years</td>
<td>Less than 8.5%</td>
<td>100-180 mg/dl</td>
<td>110-200 mg/dl</td>
<td>0 lows under 60 per week 0 to 2 per week 60 to 70 All daytime NONE AT NIGHT</td>
</tr>
<tr>
<td>(Toddlers and Preschoolers)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 to 12 years</td>
<td>Less than 8.0%</td>
<td>80-150 mg/dl</td>
<td>100-180 mg/dl</td>
<td>0 to 2 lows under 60 per week 0 to 4 per week 60 to 70 All daytime NONE AT NIGHT</td>
</tr>
<tr>
<td>(School Age)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 to 19 years</td>
<td>Less than 7.5%</td>
<td>80-130 mg/dl</td>
<td>90-150 mg/dl</td>
<td>0 to 3 lows under 60 per week 0 to 5 per week 60 to 70 All daytime NONE AT NIGHT</td>
</tr>
<tr>
<td>(Adolescents &amp; Young Adults)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adults</td>
<td>Less than 7.0%</td>
<td>80-130 mg/dl</td>
<td>90-150 mg/dl</td>
<td>0 to 3 lows under 60 per week 0 to 5 per week 60 to 70</td>
</tr>
</tbody>
</table>

Dr. Alemzadeh        Dr. Boucher-Berry      Dr. Ize-Ludlow
Deb Preston RN CDE    Marla Solomon RD CDE  Ruth Melgoza-Walker, RN, CDE
What Actions Can You Take to Improve Your Control?

Current A1C in the target range for your age group
- Congratulations, You are succeeding at diabetes self-management.
- Please schedule visits every 3 months.

Current A1C 8.5% to 9% - fair diabetes control (over 6 years old)
- Your provider may identify areas for improvement in your management. If your blood sugars remain elevated after 2 weeks please contact the clinic via fax or email for further assistance.
- If your blood sugars remain elevated you may need to be seen more often by a diabetes educator or provider.

Current A1C Greater than 9% - uncontrolled diabetes
- Hgb A1c levels over 9% will dramatically increase:
  - The long term risk for blindness
  - Kidney failure
  - Death due to heart damage
  - The risk for life threatening Diabetic Ketoacidosis

Your new diabetes management plan:

**INSULIN DOSAGE:**

**BREAKFAST DOSAGE:**

**LUNCH DOSAGE:**

**DINNER DOSAGE:**

**SNACK DOSAGE:**

**LANTUS INSULIN DOSAGE:**

**MEAL PLAN & NUTRITION GOALS:**

**EXERCISE GOALS:**

Diabetes Self-Management Support (DSMS) Plan:

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**OTHER GOALS:**

- CO-DOCUMENTATION
- SUCCESS DOCUMENTATION
- LEARN SELF INJECTIONS
- PARENTS TO SUPERVISE SITE ROTATION
- WEEKLY MANAGEMENT MEETINGS
Next Visit:

Date: ____________  Time: ____________  With: ____________________________

Endocrine Office:  312-996-1795
Central Scheduling:  312-996-7416
Fax number:  312-996-8218
After hours emergencies:  312-649-2639 (ask for the Pediatric Endocrinologist on call)