






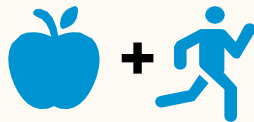
BE PROACTIVE

Treatment targets and monitoring

Manage diabetes well

	Blood pressure	LDL cholesterol
HbA1c^ (%)	(mmHg)	(mmol/L)
 ≥ 8	$\geq 160/100$	≥ 3.4
 7.0 – 7.9	140/80 to 159/99	2.6 to 3.3
 < 7	$< 140/80$	< 2.6
Speak with your care team as your targets may vary		

^HbA1c tells you how your blood sugar control has been like the past 3 months.



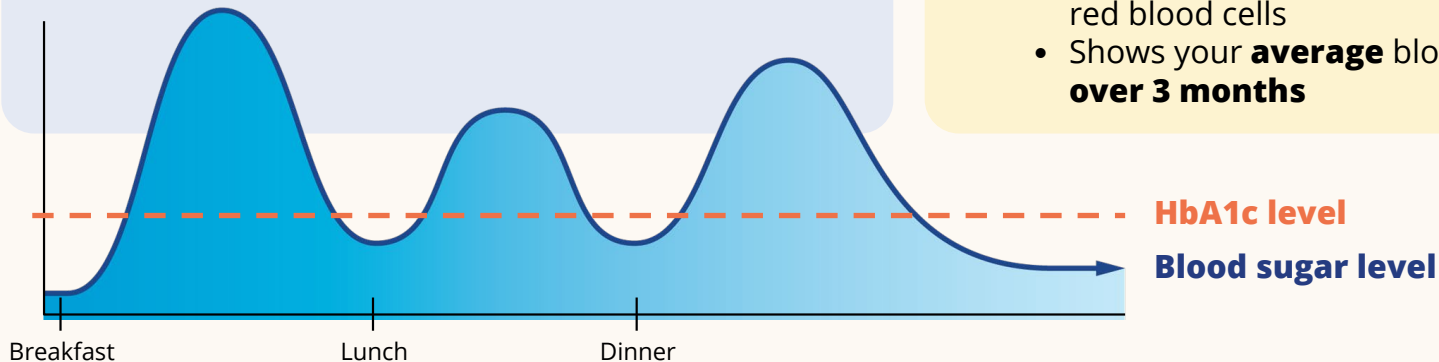
Healthy eating habits and regular physical activity and exercise can help you achieve target levels of blood sugar control, blood pressure and cholesterol

Different ways to test your blood sugar level

Done at home using a glucometer

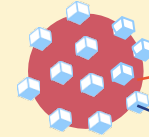
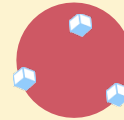
What is blood sugar level?

- **"At the moment"** level of sugar (glucose) in your blood



Done at the clinic

Normal
HbA1c



High HbA1c
Red blood cell
Sugar

What is HbA1c?

(Glycosylated haemoglobin)

- **Sugar** (glucose) **attached to protein** in red blood cells
- Shows your **average** blood sugar level **over 3 months**

Different ways to test your blood sugar level

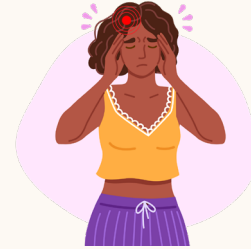
**For individuals with Type 2 diabetes,
consider self-monitoring (using a glucometer), if you are**



At increased risk of
developing
hypoglycaemia (low
blood sugar)



Pregnant with pre-
existing diabetes or
Gestational Diabetes



Experiencing acute illness



Having difficulty
achieving glycaemic goals



Fasting for religious
reasons (e.g., Ramadan)

Weight management in diabetes

Weight management is an important part of diabetes care. It helps you achieve better blood sugar levels, so keeping within your optimal weight range is important.

How do I know if my weight is within the optimal range?

Body Mass Index (BMI) screens for weight categories that may lead to increased risk of cardiovascular health problems, but it does not diagnose the body fatness or health of an individual. BMI is one of the many useful tools individuals can use to track their health.

For Asians, a BMI 23 and greater is considered of increased risk. You can use the formula to calculate your BMI, then check against the table.

If you are overweight (BMI 23 and more), even losing 5 – 10% of your weight can help lower your blood sugar levels, blood pressure and cholesterol levels.

Speak to your healthcare team for personalised advice on how best to achieve or maintain an optimal weight.

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

WHO Asian classification of BMI risk category

BMI (kg/m ²)	Health Risk
27.5 and above	High risk for cardiovascular diseases [^]
23.0-27.4	Moderate risk for cardiovascular diseases [^]
18.5-22.9 [optimal]	Low risk for cardiovascular diseases [^]
Below 18.5	Risk of nutritional deficiency diseases and osteoporosis

[^]Cardiovascular diseases affect the heart or blood vessels, and include heart disease and stroke.

What to do when I am sick*?

*Feeling unwell, e.g., fever, cough, runny nose, vomiting and diarrhoea



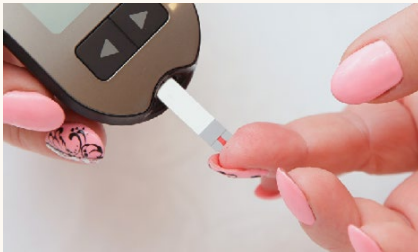
See your **doctor**



Discuss with your healthcare team if **dose adjustments** need to be made



Get plenty of **rest**



Check your blood sugar level more often

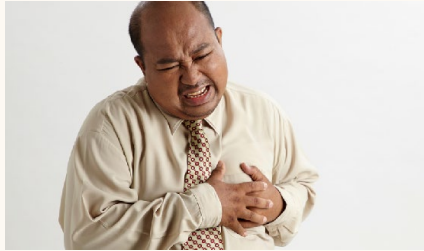


Drink plenty of **water**



Have small, frequent meals or fluids (e.g., soups, diluted juices or sweetened drinks)

When do I have to see my doctor?



Chest pain, shortness of breath, fruity breath, dry lips or tongue or abdominal pain



Severe vomiting or diarrhoea for more than 6 hours



Recurrently low blood sugar levels (< 4 mmol/L) **or persistently high** (> 16 mmol/L) for more than 24 hours



Loss of appetite



Skin sores