

Division of Pediatric

Endocrinology & Diabetes

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

Blood sugar level	126	154	169	183	197	212	240	269	298	326	355
Hgb A1C Value	6%	7%	7.5%	8%	8.5%	9%	10%	11%	12%	13%	14%

Target Hgb A1C Levels for Each Age Group
"Maintaining Target Hgb A1C Prevents Complications"

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

				All daytime NONE AT NIGHT
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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: _____

- 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)