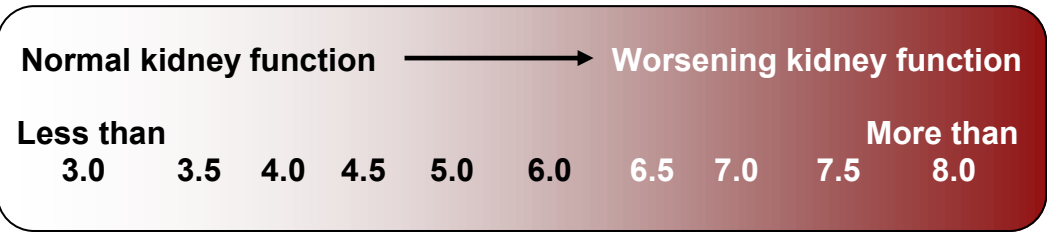


Kidneys: Your kidneys filter blood and make urine. High glucose levels and high blood pressure can damage your kidneys.

You have two tests.

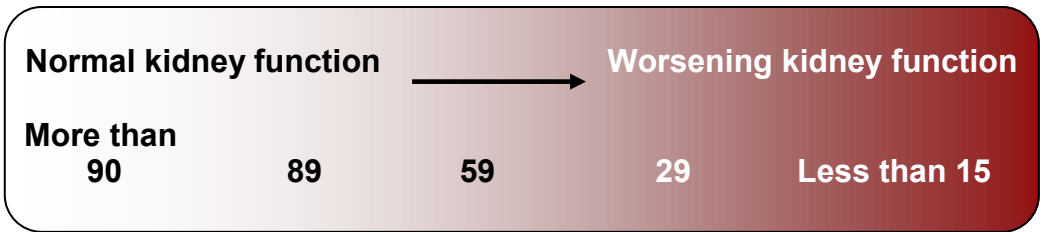
One test is a urine test which checks for protein kidney leakage (called an **ACR**, which stands for Albumin/Creatinine Ratio). The lower the number, the better.

ACR (urine sample)



The other is a blood test which checks how your kidneys are filtering (called an **eGFR**, which stands for estimated Glomerular Filtration Rate). The higher the number, the better. It should be noted that the eGFR tends to worsen with age and the length of time you have had diabetes.

eGFR (blood test): this monitors kidney function



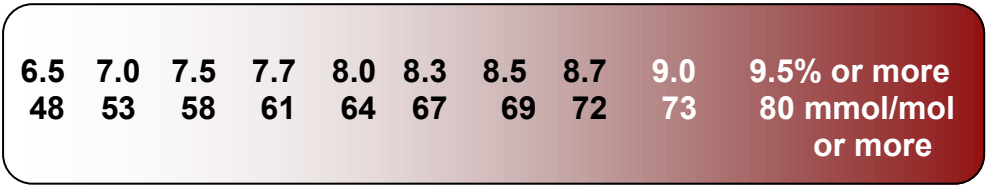
You can help reduce your risk of developing kidney disease by:

- reducing your HbA1c
- reducing your BP
- taking medication
- not smoking

Your Diabetes Results

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

Diabetes Control/HbA1c: Glucose (sugar) travels around your body in your blood. The levels of blood glucose in your blood over the last few weeks can be measured and can show your future risk of developing complications. This test is called HbA1c. The higher the number, the higher the risk. (This is not the same as your blood glucose finger prick level)



Best levels: Between 6.5%-7.0% / 48-53 mmol/mol is associated with your lowest risks of complications for the future.

You can help reduce your HbA1c by:

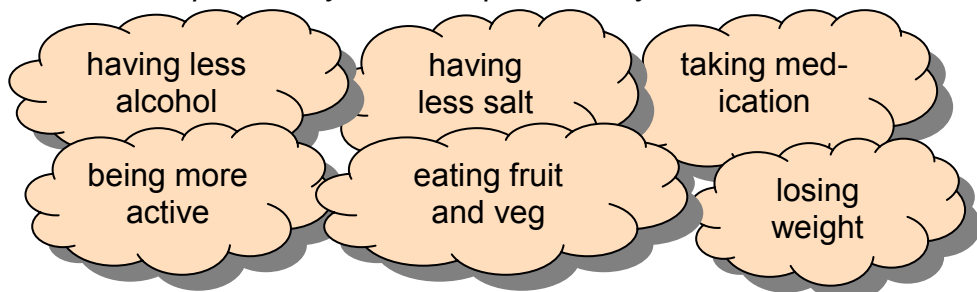
- taking or adjusting insulin
- being more active
- eating smaller portions
- eating less fat (especially saturated fat)
- taking medication
- losing weight
- having less sugar

Blood Pressure (BP): Is the pressure of blood that flows through your body. The lower your blood pressure the lower your risk of developing complications like strokes and heart attacks

Best levels: You should aim for your blood pressure to be below 130/80, or below 125/75 if you have kidney problems.

<u>125</u> 75	<u>130</u> 80	<u>136</u> 85	<u>140</u> 90	<u>145</u> 95	<u>150</u> 100	<u>155</u> 105	<u>200</u> or more <u>110</u> or more
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You can help reduce your blood pressure by

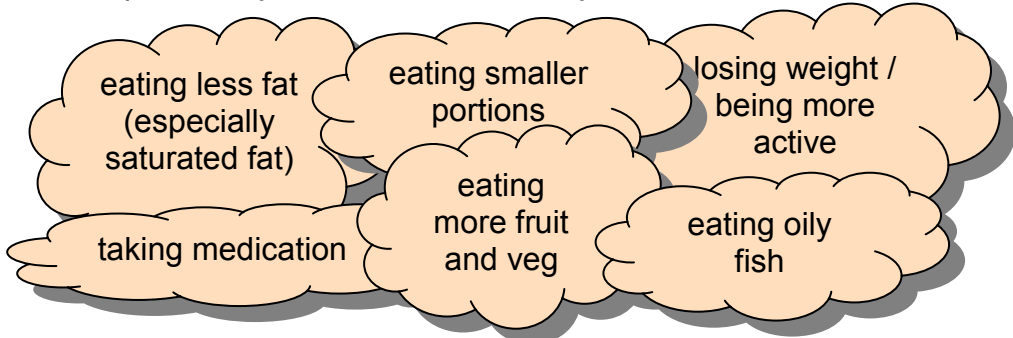


Cholesterol: Is a blood fat that can block blood vessels. Lowering your cholesterol can reduce the risk of heart attacks and strokes. Treatment to lower cholesterol is recommended in diabetes for people over 40. For other people treatment depends on your overall risk.

Best levels: Aim for 4 or less

Less than		More than									
3.1	3.4	3.5	4.0	4.1	4.5	5.0	5.1	6.0	6.1	6.5	7.0

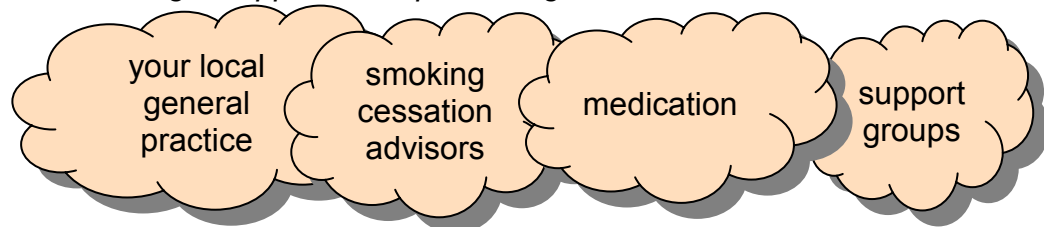
To help reduce your cholesterol value you can



Smoking: Causes many health problems but is particularly damaging for people with diabetes. If you smoke it can increase your risk of heart attacks and strokes. You are 9 times more at risk of a heart attack if you have diabetes and smoke than someone who does not smoke

None	Passive or Ex Smoker (breathing other people's smoke)	Smoker
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You can get support to stop smoking from:



Weight: Being overweight increases your risk of medical conditions including heart disease, arthritis and earlier death. It can also make your diabetes and blood pressure more difficult to control.

Weight is measured as a **Body Mass Index (BMI)**. It compares your height to your weight and can be a way predicting your risk of developing a heart attack or a stroke.

Healthy weight	→	Less healthy body weight		
20		25	30	35—45

You can help to lower your weight by:

