



CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG

A1c: Glycosylated Hemoglobin

A1c Goal: Under 7



The glycosylated hemoglobin (also known as Hemoglobin A1c, HbA1c) blood test shows an average blood sugar level over two to three months. The Fasting Blood Glucose (FBG) test measures the level of glucose in the blood after an 8-12 hour fast.

Blood Test	Glycemic Goals
Hemoglobin A1c	Less than 7%
Fasting Blood Glucose (FBG)	Less than 126 mg/dL

SELF-MONITOR USING GLUCOMETER

Self-monitoring blood glucose level is important. It allows people with diabetes to note daily changes in their levels of blood glucose, so they can adjust their lifestyles based on the readings. The ideal blood glucose levels for a person with diabetes are:

Normal Blood Glucose Before Meal	80-130 mg/dL
Normal Blood Glucose 2 Hours After Meal	Less than 180 mg/dL



Blood Pressure

Systolic and diastolic pressure represents how strongly blood pushes against the walls of the arteries as the heart pumps out blood.

Blood Pressure Goal:

**130/80
or below**



Cholesterol

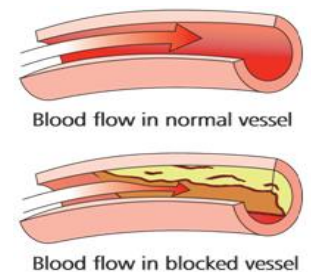
Lipid Panel, Lipoprotein (blood test)

American Diabetes Association recommended cholesterol levels for a person with diabetes:

Total Cholesterol	Less than 200 mg/dL
HDL	More than 40 mg/dL
LDL	Less than 100 mg/dL
Triglycerides	Less than 150 mg/dL

The LDL goal for people with diabetes is:

Under 100



Sources:

- Centers for Disease Control and Prevention
- American Diabetes Association

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
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A1c = 糖化血紅蛋白測試

A1c 目標: **低於 7**



Glycosylated hemoglobin 驗血測試 (糖化血紅蛋白驗血, 也叫做hemoglobin A1c或HbA1c) 可以顯示2至3個月當中血糖含量的平均值。空腹血糖驗血測試 (FBG) 可測出空腹8至12小時後的血糖水平。

驗血測試	血糖目標
糖化血紅蛋白驗血 (A1c)	低於 7%
空腹血糖驗血測試 (FBG)	低於 126 mg/dL

使用血糖機自我測試

自我測試血糖水平十分重要。糖尿病患者可以通過自我測試注意到他們每天的血糖變化, 從而根據血糖讀數來調整他們的生活方式。糖尿病患者的理想血糖水平是:

餐前正常血糖	80-130 mg/dL
餐後兩小時正常血糖	低於 180 mg/dL



Blood Pressure = 血壓

收縮壓(上面的數字-systolic) 與舒張壓 (下面的數字-diastolic) 代表心臟泵出的血液流經動脈血管壁造成的壓力有多強。

血壓目標:

130/80
或以下



Cholesterol = 膽固醇

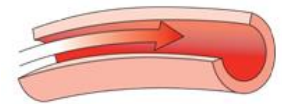
脂質檢驗, 脂蛋白 (驗血)

美國糖尿病協會建議糖尿病患者的膽固醇水平為:

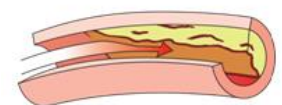
總膽固醇	低於 200mg/dL
HDL (高密度脂蛋白/好膽固醇)	高於 40mg/dL
LDL (低密度脂蛋白/壞膽固醇)	低於 100mg/dL
Triglycerides (三酸甘油脂)	低於 150mg/dL

糖尿病患者的低密度脂蛋白目標為:

低於 100



正常血管中的血液流動



被堵塞血管中的血液流動

資料來源:

- Centers for Disease Control and Prevention
- American Diabetes Association

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如果您說中文, 我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.