

IMPORTANT INFORMATION ABOUT DIABETIC REVIEW TESTS

BODY MASS INDEX (BMI)

This is a measurement that compares your weight to your height. It is a way of defining if your health would benefit if you lost weight.

A BMI of 19-25 is normal

If your BMI is between 25 and 30 you are overweight

If your BMI is between 30 and 40 you are medically obese

If your BMI is over 40 you are medically very obese

If your BMI is over 25 you should lose weight. There are many services available which can help you with this (see attached sheet)

BLOOD PRESSURE

Generally the lower your blood pressure is the better. Blood pressure measures the pressure of your blood in your arteries (the tubes that carry blood away from your heart). It is given as 2 figures, for example 130/80 mmHg.

The first or upper figure is called the systolic, measuring the pressure when your heart pumps. The second figure is called the diastolic, measuring the pressure between beats when your heart is relaxed.

When looking at your blood pressure reading, the top figure should be less than 140 and the bottom figure less than 80.

FOOT CHECK

Your feet need examining to check the blood flow and that there is no damage to your nerves or skin. It is important you check your feet on a daily basis to make sure they look healthy. Every year, your feet will be checked at the GP practice to see if there are any signs of diabetes related nerve damage called neuropathy.

HBA1C

Your blood sugar levels have been measured using a test called HBA1C. It is best to think of this as a measure of the average amount of sugar (glucose) in your blood over the last 2-3 months. A general guide to HBA1C levels is below, although you may have an individual target

HBA1C	< 6.9%	Excellent
HBA1C	7.0-7.5%	Very good
HBA1C	7.6-8%	Raised
HBA1C	8.1-9%	High
HBA1C	>9%	Very high

CHOLESTEROL LEVEL

Cholesterol is a type of fat in your blood. A raised level of cholesterol in the blood can increase your risk of heart attack and stroke, so the lower your level the better. If you have had a heart attack or stroke you will already be taking a statin tablet to lower your cholesterol levels. If not we will perform a calculation using your cholesterol result to work out if you may benefit from a statin tablet to lower your cholesterol. This is called a QRISK score and is reported as a percentage. If your QRISK is above 20% it will be recommended you take a statin tablet. If your score is between 10 and 20%, it may also be recommended that you take a statin tablet. Of course, you will also improve your cholesterol levels by making changes to your lifestyle such as losing weight and exercising more.

KIDNEY FUNCTION

We measure how well your kidneys are working by using two tests: a blood test (eGFR) and a urine test.

The eGFR is best thought of as a measure as to how healthy your kidneys are on the whole and should be greater than 60. The urine test, called ACR, shows if your kidneys are leaking more than the tiny amounts of protein that everyone does, which can be a sign of early kidney damage. Both these tests will be discussed at your appointment. It may be that you will be advised to take additional medication, depending on the results. If either of the tests are abnormal, it is important that your blood pressure and diabetes are well controlled.