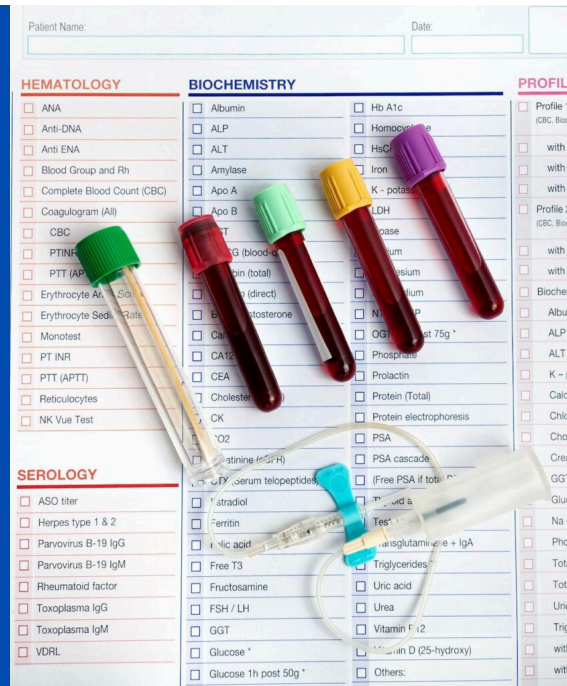


# How to Read your Lab Results



## Why lab results matter

Lab tests help you and your care team understand how well your diabetes is controlled, check for complications, and guide treatment changes. Knowing what the numbers mean helps you play an active role in your health.

## How to use your results

- Track your lab values in a notebook or app
- Compare new results with previous ones to identify trends
- Ask your provider what each value means for your care plan
- Focus on patterns, not just single test results

## A1C: your average blood glucose

- A1C shows your average glucose over the past 3 months
- Most adults aim for  $\leq 7\%$ , but your target may differ based on age, health, and treatment
- Higher numbers may signal the need to adjust medication, nutrition, or activity
- Lower numbers can increase the risk of low blood sugar, especially if on insulin or sulfonylureas

## Cholesterol (lipids): heart & blood vessel health

- LDL ("bad") cholesterol: lower levels reduce heart and stroke risk
- HDL ("good") cholesterol: higher levels are protective
- Triglycerides: high levels may relate to poor glucose control, diet, or medications
- People with T2D often take a statin to lower heart risk, even with normal cholesterol
- Lipid panels are usually checked once a year

## Kidney tests: checking for early damage

- ACR (albumin-to-creatinine ratio): urine test that detects early kidney changes
- eGFR (estimated glomerular filtration rate): blood test showing kidney function
- Diabetes and high blood pressure can affect kidney health over time
- Kidney tests are usually checked annually, or more often if levels change

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist