

## Diabetes Type II

<b>Classifications</b>	<b>A1c</b>	<b>Avg BG</b>
Pre-diabetes	5.8-6.3	120-134
Mild diabetes	6.4-8	137-183
Moderate diabetes	8.1-10	184-240
Severe diabetes	> 10	241+

### **Why care**

- Kidney failure/ hemodialysis
- Heart attack
- Stroke
- Neuropathy
- Peripheral vascular disease
- Amputations
- High sugar causing organ failure

### **How to Check blood sugar**

Day 1: before eating / aka "fasting"

Day 2: 2 hours postprandial  
(meaning after) breakfast

Day 3: 2 hours postprandial lunch

Day 4: 2 hours postprandial dinner

Day 5 & 6: take a break

Day 7: start over

### **Treatments**

Oral      Metformin  
            Actos/ pioglitazone  
            Glipizide, glyburide  
            Januvia  
            Invokana/farxiga

### **Insulin**

Daily or twice daily – lantus, levemir

Pre-meal – Humalog and novolog

Sliding scale – Humalog and novolog

Combo insulin – 70/30

Goal A1c: \_\_\_\_\_

Goal fasting glucose: \_\_\_\_\_

Goal postprandial glucose: \_\_\_\_\_