

YOUR BLOOD TESTS EXPLAINED

Ask your GP for a copy of your pathology results. Most people don't ask for their results because they don't know what they mean. We've listed what needs to be monitored at least yearly with type 2 diabetes.

Test	Healthy Target for People with Diabetes	Testing for	Risk if not in target
HbA1c	≤ 7% or ≤ 53mmol/mol. Aim for as close to normal as possible if not at risk of hypo.	Average glucose level in blood over previous 3 months	Damage to blood vessels, nerves and organs in body.
Total Cholesterol (TC)	< 4.0 mmols/L	Total amount of fat in your blood.	High levels may indicate increased risk of heart attack or stroke.
LDL Cholesterol	< 2.0 mmols/L	Unhealthy cholesterol which loads plaque onto artery walls.	High levels may indicate increased risk of heart attack or stroke.
Total HDL ratio (TC÷HDL = ratio)	< 4	Safe Ratio.	Elevated ratio indicates increased risk of heart attack or stroke.
Triglycerides	< 2.0 mmols/L	Elevated levels.	May increase risk of heart attack or stroke.
HDL Cholesterol	≥ 1.0 mmols/L	HDL in target range.	Benefits of HDL are reduced.
eGFR (estimated Glomerular Filtration Rate)	> 59mL/min	Measures the kidneys ability to filter blood adequately	If under 60mL/min, some medications may need to be reduced, and kidney function monitored.
Urinary Albumin	< 20mg/L	Detects any protein leakage in urine.	Damage has occurred to kidneys.
ACR (Albumin:Creatinine Ratio)	< 3.5mg/mmol women < 2.5mg/mmol men	Assess for kidney damage.	Higher the ratio, the more damage has occurred to kidneys.
What else needs to be monitored?			
Blood Pressure	≤ 140/90 or mmHg (or ≤ 130/80 if kidney damage)		

