



CARTER FAMILY PRACTICE
MODERN MEDICINE, CLASSIC CARE

Karen's Corner

LIVING WELL WITH DIABETES SERIES

FIELD NOTE
2 OF 8

Knowing Your Numbers

Your numbers tell a story—
not your worth.



1 YOUR A1C

Think of your A1C as your “big picture” number. It shows your average blood sugar over the past 2–3 months.

NORMAL
Below
5.7%

PREDIABETES
5.7%–
6.4%

DIABETES
6.5%
or higher



Most adults with diabetes aim for an A1C below 7%.

Your goal may be different. We will decide together what is right for you.



2 DAILY BLOOD SUGAR

If you check your blood sugar at home, these are general targets for most adults.



BEFORE MEALS
(fasting)

80–130 mg/dL



1–2 HOURS AFTER MEALS

Less than **180 mg/dL**



One high number doesn't tell the whole story. We look for patterns over time.



3 TIME IN RANGE

If you use a Continuous Glucose Monitor (CGM), your care team may talk about “Time in Range.”



GOAL FOR MOST ADULTS

More than 70% of the time in the target range of 70–180 mg/dL.



Remember:

- ☒ Your numbers are tools, not report cards.
- ☒ One high reading doesn't mean you've failed.

- ☒ Healthy choices, regular activity, medications, and not smoking all help improve your numbers.
- ☒ We are partners in understanding and improving your health.

Karen's Corner

One of the biggest things I tell my patients is not to panic over a single number. We aren't looking for perfection—we're looking for patterns. Your numbers help us understand what's working so we can make thoughtful changes together.

You've got this—and I've got you.

Karen

Questions for Karen

- ♥ What should my A1C goal be?
- ♥ How often should I check my blood sugar?
- ♥ What is Time in Range?
- ♥ What should I have available at my visit?

Contact Karen

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Let's work together!



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