

I want to improve my glucose levels



I can

- Eat starch-containing foods (such as bread, pasta, rice, potatoes) at every meal, in regular quantities.
- Limit the quantity of sweets, pastries and sweet drinks.
- Fractionate my food intake into several meals and snacks (fruits, yoghurts, bread, etc).
- Give priority to vegetable, fruits and whole-wheat bread because of their high fibre content.

If I am diabetic:

- Have a regular follow-up with my physician.
- Monitor my Glycated hemoglobin (HbA1c) levels every 3 months.





GLYCAEMIA

Some definitions

Glycaemia = blood glucose level

Sugar = source of energy but too much sugar can become harmful for the blood vessels

Normal glycaemia:

fasting: 4 to 5.5 mmol/l

2 hours after a meal: less than 7.7 mmol/l

Abnormal glycaemia:

fasting: 5.6 to 6.9 mmol/l

2 hours after a meal: 7.8 to 11 mmol/l

Diabetes

Fasting blood glucose levels at or above 7 mmol/l or 11 mmol/l at any other time during the day. The symptoms include intense thirst, a large urine production and abnormal fatigue.

If I have one or more predisposing risk factors for diabetes such as

- age > 45 years
- type 2 diabetes within the family (1st degree relatives)
- being overweight
- a history of abnormal blood glucose levels (glucose intolerance or abnormal fasting glycaemia, or gestational diabetes, child with a birthweight > 4 kg)
- sedentarity
- hypertension
- high cholesterol levels

... I should have my blood glucose levels measured at least once a year or more often depending on my symptoms

If I am diabetic...

... I monitor my glucose levels and my glycated hemoglobin

NB: Glycated hemoglobin (HbA1c) levels are a measure of the mean glucose levels of the preceding 3 months and should be below 7%

To whom should I refer to?

- To my treating physician/general practitioner
- Diabetologist and endocrinologist specialists
- Diabetes nurses and dietiticians
- Swiss diabetes association - www.associationdudiabete.ch
Tel. 056 200 17 90
- www.elips.ch
- Swiss Cardiology Foundation - www.swissheart.ch - Tel. 031 388 80 80

