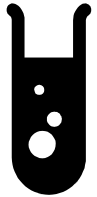


Diabetes Annual Review Blood Tests

When you see the Doctor or Nurse for your Diabetes Annual Review, there will be several blood tests you have had. Here is a brief explanation of what they show:



HbA1c

This is a measure of how well your diabetes is controlled. It gives a measure of your blood glucose control over the past 3 months. Everyone will have a different level but we aim for a level of 6.5 – 7.5%, depending on your treatment regime. This is not the same tests as you do at home.

Fructosamine

This is also a measure of how your diabetes is controlled and is used in people who have certain blood types such as sickle cell disease and women who are pregnant with Diabetes. This test gives a measure of the blood glucose control over the past 3 weeks. Everyone will have a different level, but we aim for a level of 280 - 350, depending on your treatment regime.

U&Es (Urea and Electrolytes)

This is a group of tests which measure your kidney function and various other markers. As Diabetes is now the biggest cause of Kidney Failure in the UK, it is important that your doctor or nurse reviews these tests annually. Along with this, they will test your blood pressure. In people with diabetes, a normal blood pressure will be 135/80 or lower.



LFTs (Liver Function Tests)

This is another group of blood tests, these tests look at your liver function. These tests are important if you take cholesterol tablets and also contain various other markers. If there are any problems with these tests your Doctor will discuss these at your Annual Review.



Lipids / Cholesterol

These tests usually combine 4 tests in 1. The tests are:

- LDL Cholesterol – Low levels of LDL are best. High levels show a diet which is too high in saturated fats
- HDL Cholesterol – High levels of HDL are best. Low levels show a diet which is low in poly-unsaturated and monounsaturated fats
- Triglycerides – Low levels of triglycerides are best
- Total Cholesterol – Low levels are best

In people with diabetes the targets levels for Cholesterol are tighter than for the general population as the risk of heart Disease caused by high cholesterol is higher for people with diabetes. If your cholesterol levels are too high, you will probably be given dietary advice to reduce it, and possibly tablets known as Statins, which are taken before bed.



TFTs (Thyroid Function Tests)

Some people with diabetes also have thyroid problems. If your thyroid gland is not working properly you will need to take medications to correct this. If the levels are out of the usual range, it can also affect your blood sugar levels.