



Health Awareness

A1C<7%: Knowing the Number May Help The Lives Of People With Diabetes

(NAPSA)—When Loretha Huff unexplainably began losing weight 20 years ago, it didn't occur to her that she might have a serious, and potentially life-threatening, disease. Although she was eventually diagnosed with diabetes, it wasn't until she started losing her vision that she realized the magnitude of the diagnosis.

"That was a really scary experience for me because it seemed so sudden," Huff said. "My blood sugar levels were very high and my vision was impaired so I couldn't see the numbers on a syringe. The doctor put me in the hospital for two weeks."

Huff was diagnosed with type 2 diabetes—a chronic disease in which the body does not make enough and/or does not properly use insulin. As a result, sugar levels build up in the blood. Doctors measure what your glucose levels have been over the last two- to three-month period with a blood test called hemoglobin A1C. For people with diabetes, the American Diabetes Association recommended goal is an A1C of less than seven percent (A1C<7%). At the time, Huff's A1C level was over 18 percent, which may have caused the temporary blindness she experienced.

"Initially, when I found out I had diabetes, I was devastated," Huff said. "Knowing that an A1C<7% is

Seven Steps to Achieving A1C<7%*

1. Take an active role in your own diabetes care.
2. See your healthcare provider at least two to four times every year.
3. Have your hemoglobin A1C levels tested regularly.
4. Talk to your healthcare provider about ways to achieve and/or maintain target A1C<7%.
5. Monitor your daily glucose levels.
6. Maintain a healthy lifestyle.
7. Get checked for long-term complications and have them treated.

* A1C is a measure of blood glucose levels over a two-to-three-month period. The American Diabetes Association recommends an A1C<7% for optimal blood glucose control.



the key to being in control has given me and my family a real goal to shoot for—even my husband knows the number, and he takes an active role in my diet and routine."

Huff is among the estimated 13 million Americans who have been diagnosed with diabetes. But for more than 60 percent of these people, achieving an A1C<7% is still elusive.

Medical studies have shown that people with diabetes who achieve an A1C<7% are less likely to suffer disabling and often life-threatening complications such as blindness, stroke, heart attack, amputation and kidney disease. In these studies,

even a one percent reduction in A1C resulted in a significant 35 percent reduction in the risk of microvascular complications.

Today, Huff is proud to say her diabetes is under control, and her A1C level is 6.6 percent.

"People with diabetes need to realize that while this is a serious disease, it doesn't have to be a devastating one. With A1C<7% as a goal, you can gain control of your diabetes. Now I hope to encourage others to eat better, exercise more and use all the tools my doctor gave me, including oral medications and insulin," adds Huff.

"At first, I was afraid of the idea of taking insulin every day, but I quickly learned that it wasn't that painful or scary. And it's been an important part of my treatment." For the last three years, Huff has used an insulin called Lantus® (insulin glargine [rDNA origin] injection) because it is continuously released over 24 hours, and it only needs to be taken once a day at the same time each day.

If you have diabetes, experts recommend that you become familiar with your A1C level and talk to your health care provider about all the available treatment options to achieve an A1C<7%.

To learn more, visit www.aimbelieveachieve.com or call 1-877-A1C7-639.

About LANTUS® (insulin glargine [rDNA origin] injection)

LANTUS® is indicated for once-daily subcutaneous administration in the treatment of adult patients with type 2 diabetes mellitus who require basal (long-acting) insulin for the control of hyperglycemia and for adult and pediatric patients (6 years of age and older) with type 1 diabetes mellitus. LANTUS® demonstrates a consistent slow, prolonged absorption and a relatively constant concentration/time profile over 24 hours.

LANTUS® MUST NOT BE DILUTED OR MIXED WITH ANY OTHER INSULIN OR SOLUTION. If mixed or diluted, the solution may become cloudy, and the onset of action/time to peak effect may be altered in an unpredictable manner.

The adverse events commonly associated with LANTUS® include the following: hypoglycemia, lipodystrophy, skin reactions (such as injection-site reaction, pruritus, rash), and allergic reactions. Hypoglycemia is the most common adverse effect of insulins, including LANTUS®. For additional information, please visit: www.lantus.com.