



Goals of Diabetes



Future Health

Managing glucose levels is really important and keeping them in target range helps protect against future health problems.

I'm aiming for an HbA1c of 48mmol/mol or less, which isn't easy, but it protects against future problems.

I have annual blood pressure, blood and urine checks to help monitor the effect of having diabetes, and I go to eye checks to check for any damage in my eyes.



Transition to Adult Services

When I have a diabetes appointment I usually go in on my own for a few minutes and then my parents can join me. I'm preparing my transition process to adult services with my diabetes team.

