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# Know Your Diabetes ABC's

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Adults with diabetes are more likely to suffer from heart disease, stroke and amputations than those without diabetes. By managing your ABC's, you reduce your risk for diabetes complications including kidney disease, blindness, limb amputation, and hypoglycemia (low blood sugar). Take control of your ABC's today!

## A is for A1C

- A1c is the average of your 3-month blood glucose
- My A1c Target: \_\_\_\_\_
- Aspirin
  - Check with your provider. A daily aspirin may be advised.

## B is for Blood Pressure

- Ways to lower blood pressure:
  - Decrease salt in your diet
  - Stop smoking
  - Maintain a reasonable weight
  - Manage stress
  - Take pills as ordered
  - Add exercise
  - Limit or avoid alcohol
- My Blood Pressure Target: \_\_\_\_\_

## C is for Cholesterol

- Talk with your health care provider about your goals
  - "Lousy" LDL Cholesterol Target: \_\_\_\_\_
  - "Healthy" HDL Cholesterol Target: \_\_\_\_\_
  - Triglyceride Target: \_\_\_\_\_