
Know Your Diabetes ABCs

Adults with Diabetes are more likely to suffer from heart disease, stroke and amputations than those without Diabetes. By managing your ABCs, you lower your risk for these complications and others. Talk with your health care provider about your goals. Take control of your ABCs!

A is for A1c

This test gives you a picture of your average blood sugar for the past 2-3 months.

The A1c test is measured as a percentage. Most people with Diabetes should aim for an A1c **between 7 and 8%**. Some people do better with an **A1c 7% or less**.

My Goal A1c: _____

B is for Blood Pressure

- Blood pressure is the force of blood flow inside your blood vessels.
- High blood pressure makes your heart work too hard and can damage your blood vessels over time. The target blood pressure for most people with Diabetes is **<130/80**. Targets may be different if you are over the age of 60 (**140/90 or less**).

My Goal Blood Pressure: _____

C is for Cholesterol

- There are different kinds of cholesterol in our blood. HDL is often called good cholesterol and LDL is often called bad cholesterol.
- HDL is a measurement of cholesterol being removed from the body by your liver.
The goals for HDL are: >40 mg/dL for men and >50 mg/dL for women.
- High LDL can lead to the buildup of plaque in your arteries.
LDL goals range from 55 to 100 mg/dL depending on your age and risk factors.

My Goal LDL: _____

- Triglycerides are the storage form of fat in the blood. Having high levels can increase the risk of heart disease and stroke. **Triglyceride goal is <150 mg/dL.**

Here are a few ideas to manage your A1c, blood pressure, and cholesterol.

- ✓ Include a variety of fruits and vegetables in your daily diet
- ✓ Eat less sodium (salt)
- ✓ Maintain a reasonable weight
- ✓ Manage stress
- ✓ Take medications as ordered
- ✓ Stay physically active
- ✓ Limit or avoid alcohol
- ✓ If you smoke, talk to your provider about smoking cessation