

THE ABC'S OF MANAGING YOUR DIABETES

Taking care of your diabetes can seem overwhelming. It doesn't need to be. Knowing your ABC's and your ABC targets can help.

Hemoglobin A1C



The **A1C** test is a blood test for your diabetes. It tells your provider if your diabetes treatment plan is working. The **A1C** test shows what your blood sugars have been for the past 2 – 3 months. The lower your daily blood sugars are, the lower your **A1C** will be. High blood sugars over time can lead to complications from your diabetes.

The **A1C** blood test is done about 2 - 4 times a year.

The **A1C** goal for *most* people with diabetes is less than 7.

Ask your provider what YOUR **A1C** goal is. _____

Write it here

Blood Pressure



High **blood** pressure or hypertension makes your heart work harder. High **blood** pressure increases your risk for heart attack, stroke, and kidney disease.

Your **blood** pressure should be checked at every visit.

The **blood** pressure goal for most people with diabetes is 140/80 or less.

Ask your provider what YOUR **blood** pressure goal is. _____

Write it here



Cholesterol



High **cholesterol** levels, especially your LDL (bad) **cholesterol**, can make your blood vessels narrow and hard. High cholesterol levels can cause a buildup that clogs your blood vessels. Over time, this can cause a heart attack or stroke.

The **cholesterol** blood test is done at least 1 time a year.

The LDL **cholesterol** goal for most people with diabetes is less than 100.

Ask your provider what YOUR LDL **cholesterol** goal is. _____

Write it here