



# Help people with diabetes control their ABCs to reduce their risk of heart attacks and strokes.

Cardiovascular disease (CVD) is the leading killer of people with diabetes. Yet, only one in three people with diabetes consider CVD to be a serious complication of diabetes. To lower their risk of heart attack and stroke, people with diabetes need to manage their **ABCs**:

- A**1C (Blood Glucose)
- B**lood Pressure
- C**holesterol

The NDEP has free materials to help people with diabetes **make the link between diabetes and heart disease and stroke**. Materials are available in English, Spanish, and 15 Asian and Pacific Islander languages. All have a record form for tracking the ABCs to help control CVD risk factors.



## IN ENGLISH:

Be Smart About Your Heart: Control the ABCs of Diabetes



## IN SPANISH:

Si Tiene Diabetes, Cuide Su Corazón  
(If you have diabetes, take care of your heart)



## IN ASIAN AND PACIFIC ISLANDER LANGUAGES:

Take Care of Your Heart. Manage Your Diabetes handouts for people with diabetes, available in:

- |             |            |            |              |
|-------------|------------|------------|--------------|
| ♥ Cambodian | ♥ English  | ♥ Japanese | ♥ Tagalog    |
| ♥ Chamorro  | ♥ Gujarati | ♥ Korean   | ♥ Thai       |
| ♥ Chinese   | ♥ Hindi    | ♥ Lao      | ♥ Tongan     |
| ♥ Chuukese  | ♥ Hmong    | ♥ Samoan   | ♥ Vietnamese |



Electronic versions of all materials are available on the NDEP website, [www.ndep.nih.gov](http://www.ndep.nih.gov). Ordering information is on the back.

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Commercial printer-ready files also are available for order by calling 1-800-860-8747.

## ***Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol, 2001***

(NDEP-52) This two-color brochure explains the link between diabetes and heart disease and encourages people with diabetes to take action to control the ABCs of diabetes. First package free. Each additional package of 25, \$5. Limit 2 packages.

## ***Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol, Photocopy Master, 2001 (NDEP-52PM)***

Black and white, reproducible version of NDEP-52. Single copies free. Limit one copy.

## ***Si Tiene Diabetes, Cuide Su Corazón. (If You Have Diabetes, Take Care of Your Heart), 2002 (NDEP-58)***

An easy-to-read, bilingual (Spanish and English) brochure that explains the link between diabetes and heart disease for Hispanic and Latino Americans and encourages them to control not only their blood glucose (sugar) levels, but also their blood pressure and cholesterol. First package free. Each additional package of 25, \$5.

## ***Si Tiene Diabetes, Cuide Su Corazón, Presentación en Rotafolio (If You Have Diabetes, Take Care of Your Heart, Flipchart Presentation), 2003 (NDEP-58FC)***

This bilingual flipchart helps health care educators teach Hispanic and Latino patients about the link between diabetes and heart disease. Includes simple illustrations, scripted presentation (in Spanish and English), and copier-ready handouts. Single copy free. Each additional copy, \$4. Limit 5 copies.

## ***Take Care of Your Heart. Manage Your Diabetes (Translated Versions of Be Smart About Your Heart), 2002***

This reproducible handout is a modified version of NDEP-52 adapted into English and 15 Asian American and Pacific Islander languages explaining the link between diabetes and heart disease. First package free. Each additional package of 25, \$5. Limit 2 packages

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