

You don't need to be a **SUPERHERO**  
to manage your diabetes.

You need to  
control your **ABCs**.

If you have diabetes, you are at high risk for heart attack and stroke. *But you can fight back.* You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your **A1C**, **B**lood pressure, and **C**holesterol numbers are and ask what they *should* be. Then talk about the steps you can take to reach your ABC goals. You have the power to help prevent heart attack and stroke. Control your ABCs.

**Talk to your health care provider today.**



**For a free brochure about  
the ABCs of diabetes,  
call 1-800-438-5383  
or visit [www.ndep.nih.gov](http://www.ndep.nih.gov).**

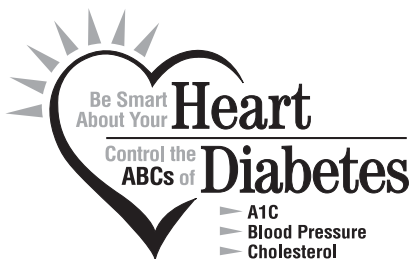


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A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention

4.5" x 5.25"

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2" x 10"

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4.5 x 2"