

# 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 130/80 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 once every 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