

Controlling your risk: ABCs of Diabetes

A₁C

Blood Pressure

Cholesterol

Diabetics **E**nabling **F**uture **G**ood **H**ealth:

A1C is a blood test. It is a measure of your average blood glucose over the last 3 months. Controlling your blood glucose can prevent many serious health problems caused by diabetes. Check your A1C every 3 months. Control A1C goal is less than 7. Normal A1C is less than 6.0

Discuss your diabetes care plan with your doctor if your A1C is above goal.



Blood Pressure control can prevent damage to your kidneys, eyes, and brain. Have your blood pressure checked at least every 3 months.



Check it monthly or more often if it is not at goal. Your goal is a blood pressure less than 130/80. Normal is a blood pressure less than 115/75

Report high readings to your doctor.

Cholesterol control may prevent a heart attack, stroke, or poor circulation in the legs. Diabetics are at much higher risk of these problems. **Control goals are:**

LDL cholesterol - less than 100 *or*

Non-HDL cholesterol - less than 130

HDL cholesterol - 40 or more for men
- 50 or more for women

Triglyceride - less than 150



You can improve your control by...

- avoiding “bad” fats. Saturated, partially hydrogenated, and trans-fatty acids are “bad” fats.
- exercising at least 30 minutes every day.
- cutting down on salt.
- eating more whole grains, cooked dried beans, vegetables, and fruit.
- trying not to gain weight. Lose weight if you are able and are overweight.
- quitting smoking and avoiding second hand smoke.
- taking your medicines exactly as directed.

Aspirin: If you are not taking aspirin, and your doctor has not talked about it, ask if you need it.