

Diabetes

Numbers to know...

The targets listed below are suggested by the National Institutes of Health and the American Diabetes Association. Talk to your health care provider about your ABC targets.

Tests	Target	How Often?
A1C	Below 7	At least twice a year
Blood Pressure	Below 130/80	At every visit
Cholesterol (LDL)	Below 100	At least once a year

Name _____

Diabetes Care Provider _____

Diabetes Care Provider Telephone _____ Emergency Phone Number _____

Insurance ID Number _____



For more information, visit the National Diabetes Education Program at www.ndep.nih.gov

Need help?

- ♥ **American Association of Diabetes Educators**
800-TEAM-UP4 (800-832-6874); www.aadenet.org
- ♥ **American Diabetes Association**
800-342-2383; www.diabetes.org
- ♥ **American Dietetic Association**
800-366-1655; www.eatright.org
- ♥ **American Heart Association/
American Stroke Association**
800-AHA-USA1(800-242-8721); www.americanheart.org
- ♥ **Centers for Disease Control and Prevention**
877-232-3422; www.cdc.gov/diabetes
- ♥ **Massachusetts Diabetes Prevention and Control Program and the
Massachusetts Heart Disease and Stroke Prevention and Control Program**
617-624-5070; TTY 617-624-5992; www.mass.gov/dph
- ♥ **National Heart, Lung, and Blood Institute**
301-592-8573; www.nhlbi.nih.gov
- ♥ **National Institute of Diabetes and Digestive and Kidney Diseases
National Diabetes Information Clearinghouse**
800-860-8747; www.niddk.nih.gov
- ♥ **National Stroke Association**
800-STROKES (800-787-6537); www.stroke.org



The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

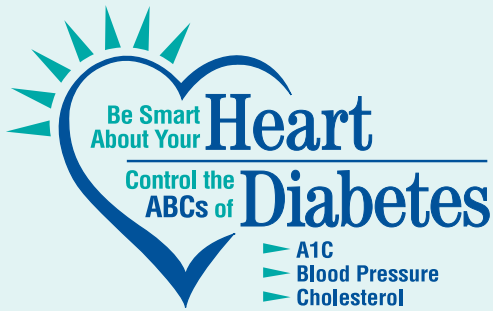
www.ndep.nih.gov
1-800-438-5383



If you have **diabetes** you are at high risk for **heart attack & stroke.**

Be Smart About Your **Heart**
Control the ABCs of **Diabetes**

- ▶ A1C
- ▶ Blood Pressure
- ▶ Cholesterol



If you have diabetes, you are at high risk for heart attack and stroke.

Heart disease is more likely to strike you—and at an earlier age—than someone without diabetes.

But you can fight back. Be smart about your heart. Take control of the ABCs of diabetes and live a long and healthy life.

A is for A1C

The A1C (A-one-C) test—short for hemoglobin A1C—measures your average blood glucose (sugar) over the last 3 months.

Suggested target: below 7

B is for blood pressure

High blood pressure makes your heart work too hard.

Suggested target: below 130/80

C is for cholesterol

Bad cholesterol, or LDL, builds up and clogs your blood vessels.

Suggested LDL target: below 100

Ask your health care provider these questions:

- 1 What are my ABC numbers?
- 2 What should my ABC target numbers be?
- 3 What actions should I take to reach my ABC target number?

Take action now to lower your risk for heart attack and stroke and other diabetes problems:

- ♥ Get at least 30 minutes of physical activity most days of the week.
- ♥ Eat less fat and salt.
- ♥ Eat more fiber—choose whole grains, fruits, vegetables and beans.
- ♥ Stay at a healthy weight.
- ♥ Stop smoking—ask your provider for help. Visit www.trytostop.org or call 1-800-Try-To-STOP (1-800-879-8678).
- ♥ Take medicines as prescribed.
- ♥ Ask your doctor about taking aspirin.
- ♥ Get help to manage your diabetes, blood pressure, and cholesterol.
- ♥ Know the signs of heart attack and stroke. Visit www.stroke.org or www.heart.org.

Be smart about your heart!

Keep a record of your ABCs!

Tear off this card and keep it in your wallet so you can track your ABCs when you visit your health care provider. Work with your provider to reach your target numbers.

My ABCs Record

A1C (Glucose average)		My A Target _____		
Date				
Result				
Blood Pressure		My B Target _____		
Date				
Result				
Cholesterol (LDL)		My C Target _____		
Date				
Result				

My ABC Medicines

A1C _____

Blood Pressure _____

Cholesterol (LDL) _____