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.

<table>
<thead>
<tr>
<th>Tests</th>
<th>Target</th>
<th>How Often?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td>Below 7</td>
<td>At least twice a year</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Below 130/80</td>
<td>At every visit</td>
</tr>
<tr>
<td>Cholesterol (LDL)</td>
<td>Below 100</td>
<td>At least once a year</td>
</tr>
</tbody>
</table>

Need help?

- **American Association of Diabetes Educators**
  800-TEAM-UP4
  www.aadenet.org

- **American Diabetes Association**
  800-342-2383
  www.diabetes.org

- **American Dietetic Association**
  800-366-1655
  www.eatright.org

- **American Heart Association**
  800-AHA-USA1
  www.americanheart.org

- **Centers for Disease Control and Prevention**
  877-232-3422
  www.cdc.gov/diabetes

- **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

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

A message from UT Extension and the National Diabetes Education Program, jointly sponsored by NIH and CDC.

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

A1C
Blood Pressure
Cholesterol

Be Smart About Your Heart

Control the ABCs of

A1C
Blood Pressure
Cholesterol

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

A message from UT Extension and the National Diabetes Education Program, jointly sponsored by NIH and CDC.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

NIH Publication No. 05-5058, May 2005
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 numbers?

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

♥ Get at least 30 minutes of physical activity 5 days a 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.
♥ Take medicines as prescribed.
♥ Ask your doctor about taking aspirin.
♥ Ask others to help you manage your diabetes.

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

<table>
<thead>
<tr>
<th>A1C (Glucose average)</th>
<th>My A Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Result</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>My B Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Result</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cholesterol (LDL)</th>
<th>My C Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Result</td>
</tr>
</tbody>
</table>

My ABC Medicines

<table>
<thead>
<tr>
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