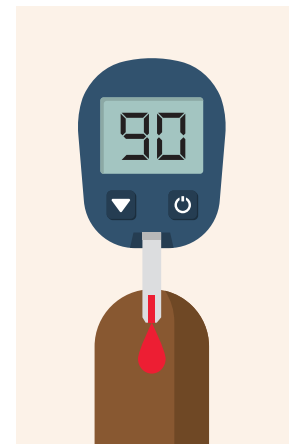




Be Smart About Your Heart: Control the ABCs of Diabetes

Prediabetes is when blood sugar levels are higher than normal but not as high as they would be if you had diabetes. If you have prediabetes, eating healthy foods, being active, and losing weight if you're overweight can help improve how your body uses insulin and can prevent or delay type 2 diabetes.

If you have diabetes, you can prevent or delay complications by controlling your blood sugar levels.



The ABCs of Diabetes

If you have diabetes, follow these ABCs to lower your risk of having a heart attack or stroke. Always talk with your health care provider to find out what number is best for you to aim for, since it can be different for each person.

- **A** is for the A1C blood test. This test measures your average blood sugar level over the past 3 months. It lets you know if your sugar level is under control. Get this test at least twice a year.
- **B** is for blood pressure. The higher your blood pressure, the harder your heart has to work. Get your blood pressure checked at every visit to your health care provider.
- **C** is for cholesterol. Maintain healthy blood cholesterol levels. LDL (“bad”) cholesterol builds up and clogs your arteries. Get your LDL cholesterol tested at least once a year.
- **S** is for stop smoking. Not smoking is especially important for people with diabetes. Smoking and diabetes narrow your blood vessels, which stresses your heart. There’s no “safe” level of smoking.

Be sure to ask your health care provider:

- What are my ABC numbers?
- What should my ABC target numbers be?
- What actions should I take to reach my ABC target numbers?

Write the changes you’ll make this week to control your blood sugar, blood pressure, or cholesterol.
