LMC

ABCDESSS of Diabetes Health

Here's what you need to pay attention to in order to stay healthy with diabetes:

A is for **A1C**	- This is the lab test that measures blood sugar control over 3 months. - Aim for 7% or less.
B is for **blood pressure**	- Aim for 130/80 or less
C is for **cholesterol**	- Aim for less than 2.0 for LDL cholesterol (the bad cholesterol)
D is for **drugs to protect the heart**	- Make sure to take your: blood pressure pills, cholesterol pills, and blood sugar medications which protect the heart
E is for **exercise & eating well**	- Make time for regular physical activity - Follow a healthy eating plan
S is for **self-management**	- Set goals for yourself - Seek support when needed
S is for **screening for complications**	- Ask your doctor about tests for your heart, feet, kidneys, and eyes
S is for **STOP smoking**	- Stop smoking - Ask for help if needed

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What are my blood sugar targets?

Fasting	**4-7 mmol/L**
2 hours after meal	**5-10 mmol/L**

*These are the blood sugar targets that work for most people. Your doctor may recommend slightly different targets based on your unique situation.