

# ABCDESSS of Diabetes Health

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

<b>A</b> is for <b>A<sub>1</sub>C</b>	<ul style="list-style-type: none"> <li>- This is the lab test that measures blood sugar control over 3 months.</li> <li>- Aim for 7% or less.</li> </ul>
<b>B</b> is for <b>blood pressure</b>	<ul style="list-style-type: none"> <li>- Aim for 130/80 or less</li> </ul>
<b>C</b> is for <b>cholesterol</b>	<ul style="list-style-type: none"> <li>- Aim for less than 2.0 for LDL cholesterol (the bad cholesterol)</li> </ul>
<b>D</b> is for <b>drugs to protect the heart</b>	<ul style="list-style-type: none"> <li>- Make sure to take your: blood pressure pills, cholesterol pills, and blood sugar medications which protect the heart</li> </ul>
<b>E</b> is for <b>exercise &amp; eating well</b>	<ul style="list-style-type: none"> <li>- Make time for regular physical activity</li> <li>- Follow a healthy eating plan</li> </ul>
<b>S</b> is for <b>self-management</b>	<ul style="list-style-type: none"> <li>- Set goals for yourself</li> <li>- Seek support when needed</li> </ul>
<b>S</b> is for <b>screening for complications</b>	<ul style="list-style-type: none"> <li>- Ask your doctor about tests for your heart, feet, kidneys, and eyes</li> </ul>
<b>S</b> is for <b>STOP smoking</b>	<ul style="list-style-type: none"> <li>- Stop smoking</li> <li>- Ask for help if needed</li> </ul>

## What are my blood sugar targets?

<b>Fasting</b>	<b>4-7 mmol/L</b>
<b>2 hours after meal</b>	<b>5-10 mmol/L</b>

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