

# 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>1c</sub></b>	This is a lab test that measures blood sugar control over 3 months Aim for a result of 7% or less
<b>B</b> is for <b>blood pressure</b>	This can be measured at home or at your doctor's office Aim for a result of 130/80 or less
<b>C</b> is for <b>cholesterol</b>	The 'bad' cholesterol is called LDL and is measured in the lab Aim for a result of 2.0 or less
<b>D</b> is for <b>drugs to protect the heart</b>	Take your blood pressure and cholesterol pills as prescribed, even if you feel well Your doctor may prescribe other medications to help protect your heart
<b>E</b> is for <b>exercise &amp; eating well</b>	Make time for regular physical activity Follow a healthy eating plan
<b>S</b> is for <b>self-management</b>	Set goals for yourself Seek support when needed
<b>S</b> is for <b>screening for complications</b>	Book an annual check-in with your eye doctor and foot doctor, even if you feel well A urine test called uACR measures the health of your kidneys Aim for a result of less than 2.0
<b>S</b> is for <b>STOP smoking</b>	Make a plan today Ask for help if needed

## 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.