

ABCDESSS of Diabetes Health

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

<p>A is for A_{1c}</p>	<p>This is a lab test that measures blood sugar control over 3 months Aim for a result of 7% or less</p>
<p>B is for blood pressure</p>	<p>This can be measured at home or at your doctor's office Aim for a result of 130/80 or less</p>
<p>C is for cholesterol</p>	<p>The 'bad' cholesterol is called LDL and is measured in the lab Aim for a result of 2.0 or less</p>
<p>D is for drugs to protect the heart</p>	<p>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</p>
<p>E is for exercise & eating well</p>	<p>Make time for regular physical activity Follow a healthy eating plan</p>
<p>S is for self-management</p>	<p>Set goals for yourself Seek support when needed</p>
<p>S is for screening for complications</p>	<p>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</p>
<p>S is for STOP smoking</p>	<p>Make a plan today Ask for help if needed</p>

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.