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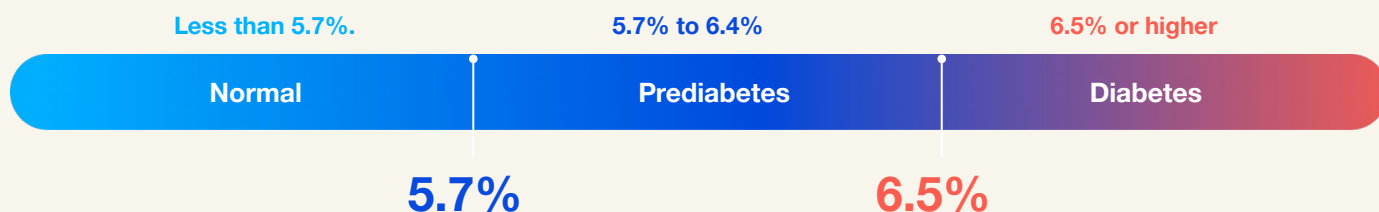
Know your (Diabetes) ABC's.

Managing your A1C, blood pressure, and cholesterol levels can help lower your risk of heart attack, stroke, and other diabetes-related problems.



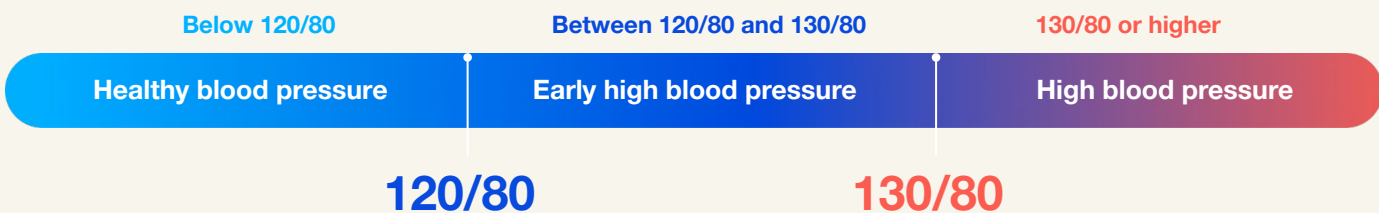
A is for A1C test.

This measures your average blood sugar level over 2-3 months. A1C test is different from testing your blood sugar at home and is typically done at your doctor's office or lab. For most people, the goal is to keep their A1C level below 7%, and the test should be done at least twice a year.



B is for blood pressure

If your blood pressure is high, it means that your heart is working harder. This puts you at higher risk for diabetes problems like stroke, heart attack, and kidney and eye problems. You should have your blood pressure checked each time you visit the doctor.



C is for cholesterol.

Specifically LDL or "bad" cholesterol. High LDL levels can lead to the buildup of plaque in your blood vessels, increasing your risk of a heart attack. People with diabetes should aim for an LDL level less than 100. A test should be done at least once a year at your doctor's office or lab.

The cholesterol-LDL goal for people with diabetes is less than 100.

