

DIABETES

Diabetes management *can* be as easy as A-B-C!

A: A1C Levels

A1C is a measure of your average blood sugar over 2-3 months.

Reducing A1C by just one percent (from 8% to 7%) reduces the risk of eye, kidney, and nerve damage by 35 percent! 7% is the goal but talk to your doctor for your plan.

B: Blood Pressure

Blood pressure is the force of your blood against the walls of your arteries.

Keep your blood pressure at or below 140/80 for optimal diabetes health!

C: Cholesterol

According to the National Heart, Lung, and Blood Institute, "the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack."

Check your cholesterol at least once per year.

Keep your
ABCs in
check:



Tips to Stay Healthy

- Lose 5 -10% of your body weight if you are overweight. Be sure to consult with your doctor and approach the weight loss gradually.
- Limit or avoid foods that are high in fat, sugar, and white flour. Eat more whole grains, fruits, & veggies.
- Gradually increase the amount of physical activity that you do each day until you reach 30-60 minutes of continuous activity. Exercise can help decrease insulin resistance.
- Manage stress by identifying home, work, or social stressors and talking with someone about them.
- Test your blood glucose regularly and log daily highs and lows.
- Limit sodium to 1,500 mg of sodium per day. Most sodium comes from packaged foods and restaurant meals.

