

# Tips to help you stay healthy with diabetes.



## Know your ABC's.

Know your ABC's and blood glucose targets. Learn how and when to test your blood glucose, and how to use the results to manage your diabetes.

- A. A1C measures your average blood glucose level over the past three months.
- B. High blood pressure (BP) makes your heart work too hard.
- C. LDL, or bad cholesterol, builds up and clogs your arteries. HDL, or good cholesterol, helps remove cholesterol from your blood vessels.

Use this chart to help you manage your diabetes.

TEST	Goal*	Check How Often?
A1C	below 7	At least twice a year
BP	130/80	Each doctor's visit
Cholesterol	LDL below 100 HDL above 40	At least once a year

**\*For most people with diabetes**

## Manage your diabetes.

- Ask for a diabetes meal plan to help you choose healthy foods.
- Get 30 to 60 minutes of physical activity, such as brisk walking, on most days of the week.
- Seek help if you feel down. You may feel better if you talk with a mental health counselor, friend, or support group.
- Stop smoking—seek help to quit.
- Take your medicines even when you feel good.
- Check your feet every day. Call your healthcare team if a cut, sore, blister, or bruise on your feet or toes does not begin to heal after one day.
- Brush your teeth and floss every day to avoid problems with your mouth, teeth, or gums.
- Report any changes in your eyesight to your doctor. See your eye doctor immediately if you experience any of the following:
  - You see little black lines or spots that won't go away.
  - You have a sudden change in how clearly you see.
  - Your eyes take longer than usual adjusting to darkness.

## Get regular care.

Avoid problems by seeing your healthcare team to:

- Get your ABC tests, have your blood pressure, weight, and feet checked, and get a yearly flu shot.
- Obtain a dental exam from your oral health professional at least twice a year.
- Receive an annual dilated eye exam from your VSP® Vision Care doctor. This is the best way to identify problems early and protect yourself against diabetes-related vision loss.

Control your diabetes for life. For more information about the National Diabetes Education Program, visit [yourdiabetesinfo.org](http://yourdiabetesinfo.org), or call 1.800.438.5383.

The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.