

CONTROL YOUR DIABETES

Do you know your **ABCD & E's**?

A **A1C**—measures average blood glucose over the last 3 months—target is below 7%.

B **BLOOD PRESSURE**—high blood pressure stresses the heart—target is below 130/80.

C **CHOLESTEROL**—bad cholesterol, or LDL, builds up and clogs blood vessels. Good cholesterol, or HDL, keeps them open. Targets: LDL below 100 and HDL above 45.

D **DIET**—healthful nutrition is vital for controlling blood glucose levels and weight. Talk to your doctor about your target.

E **EXERCISE**—regular exercise improves blood glucose control, overall health, and wellness. Talk to your doctor about your target.

FLORIDA **diabetes**
PREVENTION &
CONTROL
program

FLORIDA **DEPARTMENT OF**
HEALTH