Lower your risk of heart disease:

Know your diabetes ABCs

Diabetes can lead to narrowed or blocked blood vessels, which can cause:

- Narrowed or blocked blood vessels in the heart
- Heart attack
- Stroke

Heart problems can happen because of:

- High cholesterol
  - LDL is the “bad” cholesterol that builds up
  - High “triglycerides” can also be bad
- High blood pressure

You may not know if you have high cholesterol or high blood pressure. Your doctor can do tests to tell you if you have these problems.

You can lower your chance of having heart problems if you control your diabetes ABCs:

A

A is for “A1C test”
Your blood sugar average for the last 2-3 months. The American Diabetes Association (ADA) says the goal is below 7%.

B

B is for “Blood pressure”
The ADA says aim to be below 130/80 mmHg.

C

C is for “Cholesterol”
The ADA says LDL cholesterol should be below 100 mg/dL and triglycerides should be below 150 mg/dL.

Talk with your doctor about your goals for your diabetes ABCs.
Ways you can control your diabetes ABCs

Make smart food choices
Changing what you eat can help your diabetes ABCs. Try to:

• Eat lean, not fatty, meats
• Choose low-fat or fat-free dairy products
• Eat at least 5 fruit or vegetable servings a day
• Eat less food high in cholesterol—egg yolks, meat and poultry, and dairy products
• Only use oils that can lower your cholesterol—olive oil or canola oil
• Eat fish 2 or 3 times a week
• Bake, roast, or grill food and use nonstick pans and cooking sprays
• Get more fiber
• Use less salt and sodium

Stop smoking
Talk to your doctor about how to quit smoking

Be more active
Lose—or stop gaining—weight:

• Ask your doctor about the right activity program for you
• Start slowly (5 minutes a day) and add a little at a time
• Work up to 30 minutes most days of the week

Take your medicines

• Your doctor may have you take medicines for each of your diabetes ABCs.
• You may have to take more than 1 medicine.
• You and your doctor can decide what medicine is best for you.
• Do not start or stop taking medicine without talking to your doctor first.

This material has been developed by GlaxoSmithKline.