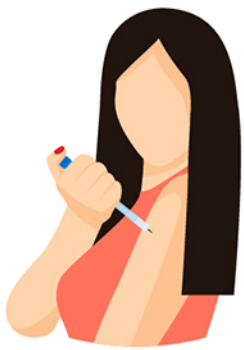


# ABCs of Diabetes



If you have diabetes, three key steps - the ABCs - can help you better manage your diabetes and lower your risk of heart attack and stroke.

## A

### A1C Test

It shows you what your blood glucose has been over the last 3 months.

High blood sugar levels can harm your heart, blood vessels, kidneys, etc.

LESS THAN **7%**

## B

### Blood Pressure

The higher your blood pressure, the harder your heart has to work.

High blood pressure can cause heart attack, stroke, and kidney disease.

LESS THAN **140/90** MMHG

## C

### Cholesterol

LDL or “bad” cholesterol can build up and clog your blood vessels.

It can cause heart attack or stroke.

LESS THAN **100** MG/DL

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