

ABCDESSS of staying healthy with diabetes

Ask your health-care team about your:

A

A1C – target is usually 7% or less

B

Blood pressure control – aim for less than 130/80 mmHg

C

Cholesterol – LDL cholesterol should be less than 2.0 mmol/L

D

Drugs to decrease heart disease risk: Blood pressure pills (ACE inhibitors or ARBs), cholesterol-lowering pills (statins), medications that lower blood sugar with proven heart benefit, or ASA (Aspirin)

E

Exercise and healthy **Eating** – regular physical activity and following a healthy dietary pattern

S

Self-management support – setting goals, and identifying barriers that may prevent you from reaching your goals

S

Screening or monitoring for complications – heart, feet, liver, kidneys, eyes

S

Stop Smoking