

ABCDESSS of Diabetes Health

Here's what you need to pay attention to in order to stay healthy with diabetes:

A is for A₁C	<ul style="list-style-type: none"> - This is the lab test that measures blood sugar control over 3 months. - Aim for 7% or less.
B is for blood pressure	<ul style="list-style-type: none"> - Aim for 130/80 or less
C is for cholesterol	<ul style="list-style-type: none"> - Aim for less than 2.0 for LDL cholesterol (the bad cholesterol)
D is for drugs to protect the heart	<ul style="list-style-type: none"> - Make sure to take your: blood pressure pills, cholesterol pills, and blood sugar medications which protect the heart
E is for exercise & eating well	<ul style="list-style-type: none"> - Make time for regular physical activity - Follow a healthy eating plan
S is for self-management	<ul style="list-style-type: none"> - Set goals for yourself - Seek support when needed
S is for screening for complications	<ul style="list-style-type: none"> - Ask your doctor about tests for your heart, feet, kidneys, and eyes
S is for STOP smoking	<ul style="list-style-type: none"> - Stop smoking - Ask for help if needed

What are my blood sugar targets?

Fasting	4-7 mmol/L
2 hours after meal	5-10 mmol/L

*These are the blood sugar targets that work for most people. Your doctor may recommend slightly different targets based on your unique situation.