

**A1C  
Blood Pressure  
Cholesterol**

# National Aboriginal Diabetes Association



**NADA Envisions  
Diabetes Free People**

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**Together with diet, exercise,  
and medication, three tests  
can help prevent diabetes  
complications.**

## **A1C**

Take A1C test to measure your average blood glucose level over a three month period.

## **Blood Pressure**

Check your blood pressure regularly and keep it in target range to protect your heart and arteries.

## **Cholesterol**

Reduce bad cholesterol (LDL) that clogs your arteries to make it easier for your blood to flow through your body.

**It is important to know  
and keep these numbers  
in the target range !**

<b>Test</b>	<b>Target</b>	<b>Check</b>
A1C	Below 7%	Quarterly
Blood Pressure	Below 130/80	Every check up
LDL Cholesterol	Below 2.0	Annual check-up

**Consult your health  
care provider!**

These tips are provided  
in conjunction with  
Diabetes Integration Project

