



# Diabetes Care Sheet A1C, Blood Pressure & Cholesterol

**Together with diet, exercise and medication, working towards your target range can help prevent diabetes complications**

## **A1C**

Take A1C test to measure your average blood sugar 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

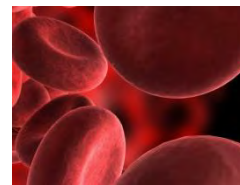
## **Cholesterol**

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!**

Test	Target	Check
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!**



*"In our every deliberation, we must consider the impact of our decisions on the next seven generations."*

**- Iroquois Confederacy Maxim**

\*Tips are provided in conjunction with Diabetes Integration Project

