



NATIONAL
ABORIGINAL
DIABETES
ASSOCIATION



TOGETHER WITH DIET, EXERCISE AND MEDICATION THREE TESTS MAY 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 within target range to protect your heart and arteries.

Cholesterol

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

TEST	TARGET	CHECK
A1C	Below 7 %	Quarterly
Blood Pressure	Below 130/80	Every check up
Cholesterol	Below 2.0	Annual check-up

Know your numbers.

Ask a doctor or nurse how to get your numbers in target range.

For more information
and resources visit

www.nada.ca

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