

### Introduction: Manage your diabetes ABCs

Knowing your Diabetes ABCs will help you manage your blood glucose, blood pressure, and cholesterol. Stop smoking if you smoke will also help. Working toward your ABC goals can help lower your chances of having a heart attack, stroke, or other diabetes problems.

### A for the A1C test

**The A1C test shows your average blood glucose level over the past 3 months.** The A1C goal for many people with diabetes is below 7 percent. Ask your health care team what your goal should be.

### B for Blood pressure

The blood pressure goal for most people with diabetes is **below 140/90 mm Hg**. Ask what your goal should be.

### C for Cholesterol

Two kinds of cholesterol in your blood: **LDL and HDL. LDL or “bad” cholesterol** can build up clogging your blood vessels. Too much bad cholesterol can cause a heart attack or stroke. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels.

### S for Stop smoking

Stopping is especially important because both smoking and diabetes narrow blood vessels. Blood vessel narrowing makes your heart work harder. Quitting:

- you will lower your risk for heart attack, stroke, nerve disease, kidney disease, diabetic eye disease, and amputation
- your cholesterol and blood pressure levels may improve
- your blood circulation will improve
- you may have an easier time being physically active

### Test Numbers

Diagnosis	A1C (percent)	Fasting plasma glucose (FPG) <sup>a</sup>	Oral glucose tolerance test (OGTT) <sup>ab</sup>
Normal	below 5.7	99 or below	139 or below
Prediabetes	5.7 to 6.4	100 to 125	140 to 199
Diabetes	6.5 or above	126 or above	200 or above

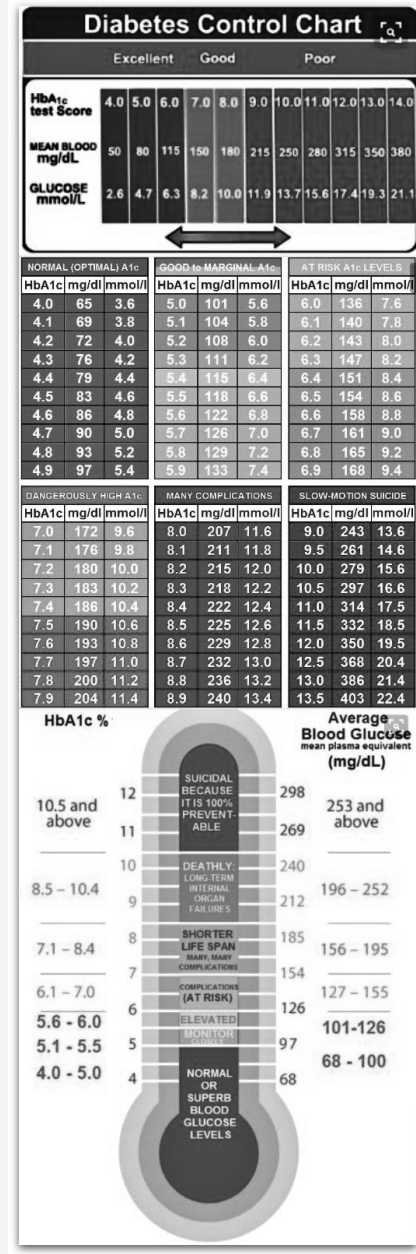
### Source:

<sup>a</sup>Glucose values are in milligrams per deciliter, or mg/dL.

<sup>b</sup>At 2 hours after drinking 75 grams of glucose. To diagnose gestational diabetes, health care professionals give more glucose to drink and use different numbers as cutoffs.

Source: Adapted from American Diabetes Association. Classification and diagnosis of diabetes. Diabetes Care. 2016;39(1):S14–S20, tables 2.1, 2.3.

### Diabetic Chart



Source: <http://carbswitch.com/2016/08/18/essential-diabetes-charts/>



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 Page 1 of 2.

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