

Living Well

New perspectives on diabetes self-care

Lower your risk of heart disease:

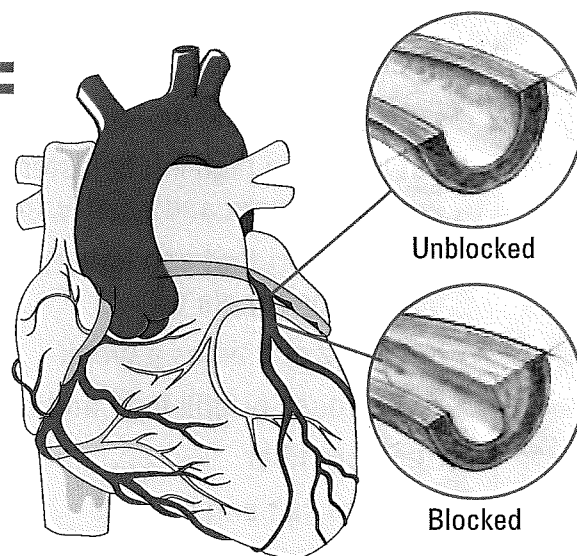
Know your diabetes ABCs

Diabetes can lead to narrowed or blocked blood vessels, which can cause:

- Narrowed or blocked blood vessels in the heart
- Heart attack
- Stroke

Heart problems can happen because of:

- High cholesterol
 - LDL is the “bad” cholesterol that builds up
 - High “triglycerides” can also be bad
- High blood pressure



Heart problems can happen when blood vessels to your heart get blocked or narrowed with a build-up of cholesterol

You may not know if you have high cholesterol or high blood pressure. Your doctor can do tests to tell you if you have these problems:

You can lower your chance of having heart problems if you control your diabetes ABCs:

A

A is for “A1C test”

Your blood sugar average for the last 2-3 months. The American Diabetes Association (ADA) says the goal is below 7%.

B

B is for “Blood pressure”

The ADA says aim to be below 130/80 mmHg.

C

C is for “Cholesterol”

The ADA says LDL cholesterol should be below 100 mg/dL and triglycerides should be below 150 mg/dL.

Talk with your doctor about your goals for your diabetes ABCs.

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Ways you can control your diabetes ABCs

Make smart food choices

Changing what you eat can help your diabetes ABCs. Try to:

- Eat lean, not fatty, meats
- Choose low-fat or fat-free dairy products
- Eat at least 5 fruit or vegetable servings a day
- Eat less food high in cholesterol—egg yolks, meat and poultry, and dairy products
- Only use oils that can lower your cholesterol—olive oil or canola oil
- Eat fish 2 or 3 times a week
- Bake, roast, or grill food and use nonstick pans and cooking sprays
- Get more fiber
- Use less salt and sodium



Stop smoking

Talk to your doctor about how to quit smoking

Be more active

Lose—or stop gaining—weight:

- Ask your doctor about the right activity program for you
- Start slowly (5 minutes a day) and add a little at a time
- Work up to 30 minutes most days of the week



Take your medicines

- Your doctor may have you take medicines for each of your diabetes ABCs.
- You may have to take more than 1 medicine.
- You and your doctor can decide what medicine is best for you.
- Do not start or stop taking medicine without talking to your doctor first.

This material has been developed by GlaxoSmithKline.