



ABCs of Diabetes:

Learn Them, Lower Them.

If you have diabetes, take action now to lower your risk of heart attack and stroke. Ask your health care team these lifesaving questions.

- What are my diabetes ABCs?
 - A**1C (blood glucose average)
 - B**lood pressure
 - C**holesterol numbers
- What are my treatment goals?
- What do I need to do to reach and maintain my goals?

Then get started lowering your risk of heart attack and stroke for a longer, healthier life.

- Get physical activity every day.
- Eat less fat and salt.
- Eat more fiber – choose whole grains, fruits, vegetables and beans.
- Stay at a healthy weight.
- Stop smoking – ask your health care team for help.
- Take medicines as prescribed.
- Ask your doctor about taking aspirin.
- Ask others to help you manage your diabetes.

You are at greater risk for type 2 diabetes if:

- You are age 45 and older
- You are overweight and physically inactive
- You have high blood pressure
- You have a family history of diabetes
- You are African American, Hispanic, Asian/Pacific Islander, or American Indian
- You had gestational diabetes and/or gave birth to a child weighing more than 9 lbs.

To request a free ABCs brochure call the National Diabetes Education Program at 1-800-438-5383 or visit www.ndep.nih.gov.

To learn more about diabetes call 1-800-DIABETES or check www.diabetes.org.

To learn more about the ABCs campaign call the California Diabetes Control Program, Department of Health Services at (916) 445-8732 or check www.dhs.ca.gov/diabetes.