

The ABCs of Diabetes



The **A1C test** shows your average blood glucose level over the past 3 months. The goal for many people with diabetes is below 7%. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.



Check your **Blood Pressure** regularly and aim for a blood pressure reading below 140/90 mmHg.



LDL, or bad **Cholesterol**, can build up and clog your blood vessels. Too much bad cholesterol can cause a heart attack or stroke. Discuss your cholesterol with your doctor to make sure you are in a healthy range.



To **Stop Smoking** is especially important for people with diabetes because both smoking and diabetes can narrow blood vessels which makes your heart work harder.

Abc Of Diabetes

Lei Shi



Abc Of Diabetes:

Uncover the mysteries within its enigmatic creation, **Abc Of Diabetes** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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