

The ABCs of Diabetes

Know Your ABCs to Prevent Diabetes Complications

A

IS FOR THE A1c TEST.
(blood glucose test)

LESS
THAN

7%

B

IS FOR BLOOD
PRESSURE.

LESS
THAN

120/80
MMHG

C

IS FOR CHOLESTEROL
LEVELS FOR LDL.

LESS
THAN

100
MG/DL

Goals may be different for each person.
Ask your doctor what your goal should be.

Abcs Of Diabetes

Roman Wölfel



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