

My diabetes
ABC numbers:

A1C = ?

Blood Pressure = ?

Cholesterol = ?

My PIN
number

My Social
Security number

Know your diabetes ABCs just like you know your other numbers.

If you have diabetes, you are at high risk for heart attack and stroke. *But you can fight back.* You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your **A**1C, **B**lood pressure, and **C**holesterol numbers are and ask what they *should* be. Then talk about the steps you can take to reach your ABC goals. You have the power to help prevent heart attack and stroke. Control your ABCs.

Talk to your health care provider today.

**For a free brochure about the ABCs of diabetes,
call 1-800-438-5383 or visit www.ndep.nih.gov.**

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.





Know your diabetes ABCs just like you know your other numbers.

If you have diabetes, you are at high risk for heart attack and stroke. *But you can fight back.* You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your **A1C**, **B**lood pressure, and **C**holesterol numbers are and ask what they *should* be. Then talk about the steps you can take to reach your ABC goals. You have the power to help prevent heart attack and stroke. Control your ABCs.

Talk to your health care provider today.

For a free brochure about the ABCs of diabetes, call 1-800-438-5383 or visit www.ndep.nih.gov.

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

