

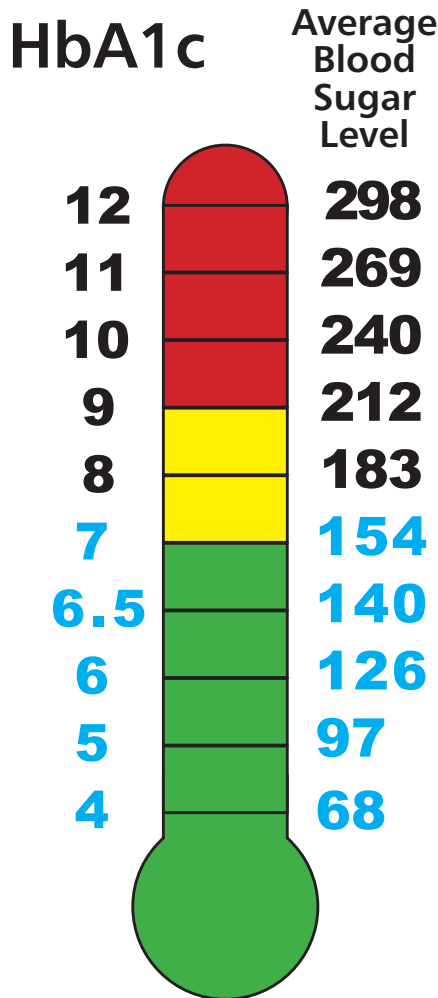
Know your Numbers!

Let's talk about knowing your numbers for the **ABCs** of diabetes

A HbA1c. The HbA1c goal for people with diabetes is:

Less than 7 or 8

Ask your provider about your personal goal.



B Blood Pressure. The blood pressure goal is :

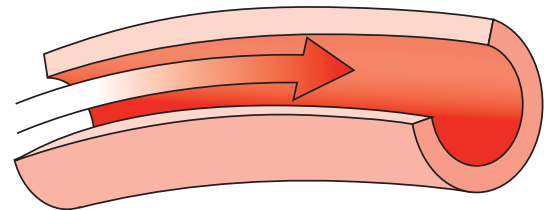
130/80 or below



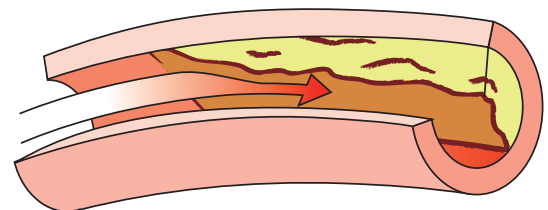
C Cholesterol. The cholesterol goal for LDL cholesterol for people with diabetes is:

Under 100

The LDL goal for everyone else is 130.



Blood flow in normal vessel



Blood flow in blocked vessel

Original material adapted from the Migrant Clinicians Network
www.migrantclinician.org.