

Durham Region Diabetes Network



The ABC's of Diabetes

A is for A1c

Target range is less than 7%

This blood test, also called hemoglobin A1c, gives an estimate of blood glucose control for the last 3 months. The risk of developing complications from diabetes is related to your A1c – the closer your A1c is to target range, the lower the risk of developing problems with eyes, kidneys and feet.

B is for Blood Pressure

Target is less than 130/80

Know what your blood pressure is: get it checked at every visit. If you have high blood pressure (Hypertension); reducing salt, caffeine and alcohol in your diet may be helpful. Exercise daily. Control your weight. Take medicines prescribed for hypertension regularly.

C is for Cholesterol

Otherwise known as lipids. Most adults with type 2 diabetes are at high risk for cardiovascular disease (damage to the heart and blood vessels). Weight management, healthy eating and regular physical activity will help lower cholesterol levels. Sometimes medication is also needed.

- HDL often called 'Good cholesterol' because higher levels of HDL can reduce the risk of cardiovascular disease
- LDL 'lousy cholesterol', target less than 2.0mmol/L
- Triglycerides are a form of fat that the body makes from sugar, alcohol or other food sources
- Total cholesterol/HDL ratio, target less than 4mmol/L

D is for Diabetes Control

Keeping a check on the ABC's of diabetes and aiming for the target levels keeps your diabetes under control and reduces the risk of complications associated with diabetes.

E is for Eyes

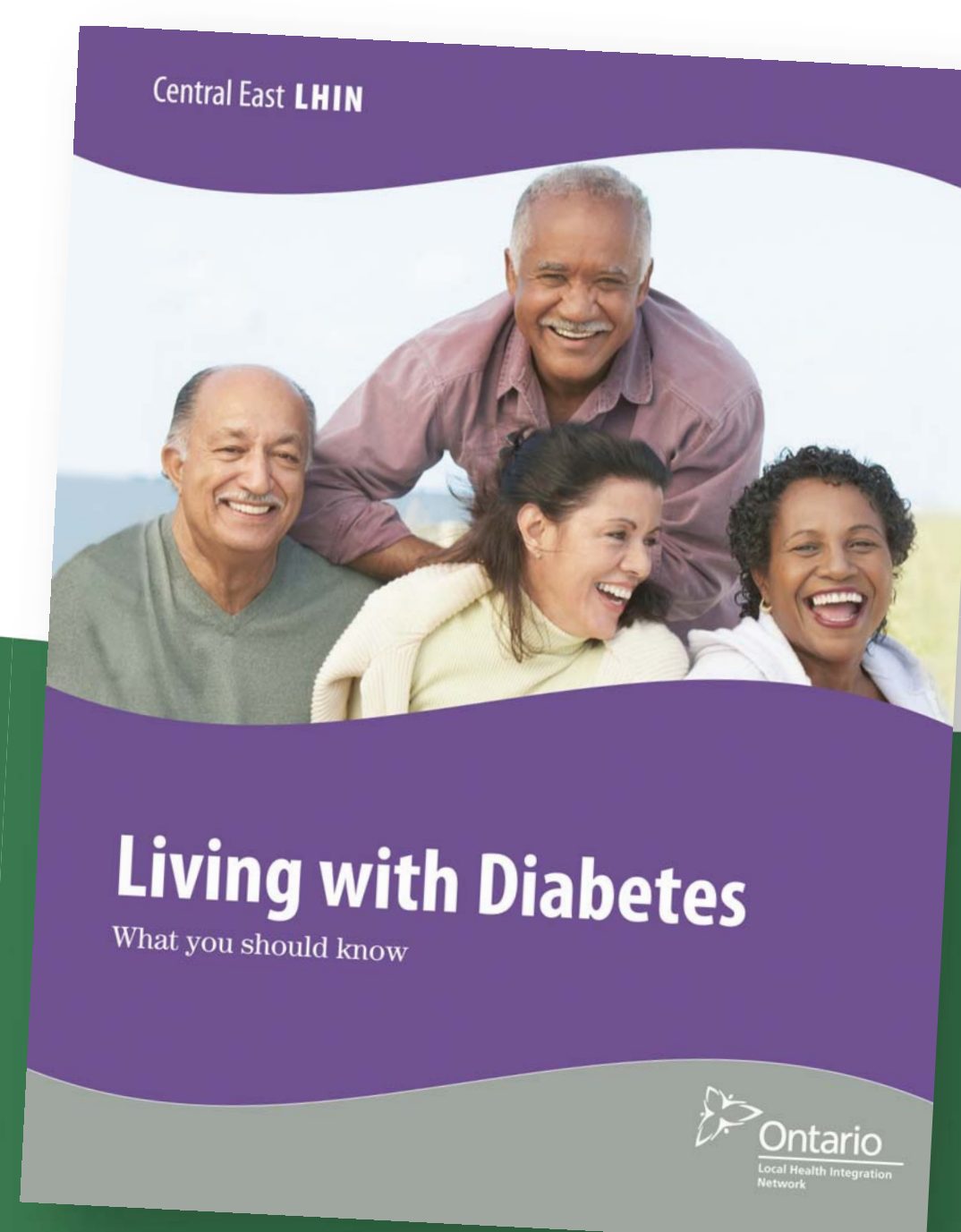
Have a dilated eye exam every year. Pay attention to your diabetes to minimize the likelihood of eye damage that may threaten your sight.

F is for Feet

Check your feet everyday for sores, redness or ulcers. Have your feet examined by a healthcare professional at least every year, more often if you have problems. Seek professional help and advice early on if you have a problem.

G is for Good Health!

And don't forget your kidneys—have a urine test and blood work every year to check how your kidneys are functioning. Urea, electrolytes including creatinine levels are checked with a blood test. Creatinine and microalbuminuria levels are checked in a urine test.



Durham Region Diabetes Network
47 Liberty Street South,
Bowmanville ON L1C 2N4
Phone: 905-623-3331 ext. 1596
www.durhamregiondiabetesnetwork.ca

NOW AVAILABLE

"Living with Diabetes: What you should know"

ask for your **FREE** copy