

Understanding Your Numbers

- Type 2 diabetes can lead to other serious problems like heart disease, nerve damage, and kidney or eye problems
- The good news is that keeping blood glucose (blood sugar), blood pressure, and cholesterol on target can help you prevent or delay these problems
- Understanding your ABCs can help you better manage your diabetes



A1C



**Blood
Pressure**



**Cholesterol
Level**



Blood Glucose (Blood Sugar) Numbers

- The A1C is a test that measures your average blood glucose level over the past 2 to 3 months
- A1C is reported as a percent
- Keeping your A1C at your target can help reduce your risk of serious complications
- Knowing your A1C can help you and your healthcare provider tell if your treatment plan is working

**The American Diabetes Association recommends an A1C of 7% for most people.
You and your healthcare team will work together to set an A1C that is right for you.**

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Blood Pressure

- Blood pressure is the force of blood flow inside your arteries (blood vessels)
- Your blood pressure is recorded as two numbers, such as 120/80 mm Hg
- The first number, or systolic blood pressure, is the pressure as your heart beats and pushes blood through the blood vessels
- The second number, or diastolic blood pressure, is the pressure when the vessels relax between heartbeats
- High blood pressure is called hypertension
- If you have hypertension, you are at increased risk for serious conditions like heart disease and stroke

The American Diabetes Association recommends a blood pressure target of less than 140/90 mm Hg in most patients with diabetes.

You and your healthcare team will work together to set a blood pressure goal that is right for you.



Cholesterol Level

- Cholesterol is a type of fat that is made by the liver and found in blood
 - High-density lipoprotein or HDL is good cholesterol
- Some foods also have cholesterol in them
- There are 2 types of cholesterol
 - Low-density lipoprotein or LDL is bad cholesterol
 - Triglycerides are another kind of fat that increase your risk of heart problems
- Reaching your LDL target level is the best way to protect your heart and blood vessels

The American Diabetes Association recommends the following targets for most patients:

- **LDL Cholesterol: Less than 100 mg/dL**
- **Triglycerides: Less than 150 mg/dL**
- **HDL Cholesterol:**
 - Higher than 40 mg/dL for men
 - Higher than 50 mg/dL for women

You and your healthcare team will work together to set cholesterol goals that are right for you.