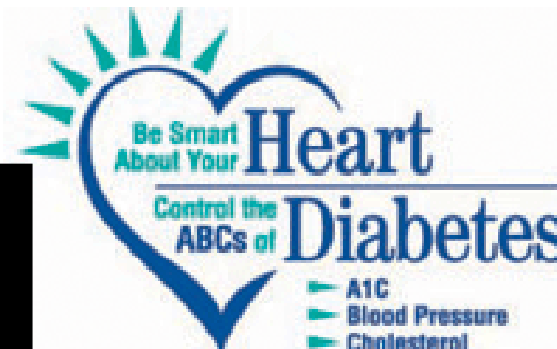


Complete your ABC checklist of Diabetes:

Pressure	Fiber	Salt
Team	Lowering	Pills
Weight	Sit	Eat
Medications	Stop	

Be Smart About Your Heart. Know Your ABC's of Diabetes



To help lower your A1C you can:

- Change the way you _____ by watching how much you eat.
- Move more and _____ less. Thirty minutes a day is all you need.
- Take your diabetes _____ as prescribed.
- If needed talk with your health care _____ about changing the type of _____ or amount of insulin you take.

To help lower your blood pressure you can:

- Try to stay at a healthy _____.
- Take blood _____ pills as prescribed.
- Eat less _____.
- _____ smoking.

To help lower your blood pressure you can:

- Eat less fat and more _____, choose whole grains, fruits, vegetables and beans.
- Take cholesterol _____ pills as prescribed.

If you have diabetes you're at high risk for a heart attack or stroke. It doesn't have to be that way if you take control of your ABC's of diabetes care.

A is for **A-1-C** (short for hemoglobin A1C which measures your average blood sugar over the last three months)

B is for **Blood Pressure**. High blood pressure makes your heart work too hard.

C is for **Cholesterol**. High blood pressure makes your heart work too hard.

This message courtesy of:



For more information about diabetes call: (800) DIABETES or (342-2383)

Sponsored by the Oregon Department of Human Services/SPD and the Governor's Commission on Senior Services

Be Smart About Your Heart! Take Action Now! Talk to Your Doctor About Your ABC Diabetes