

ABC's of Diabetes

ABCs of Diabetes	Target number
<p>A1C test</p> <p>This test shows your average blood glucose levels for the past three months. The test should be performed two to four times a year.</p>	Below 7%
Blood pressure	The blood pressure goal for most people with diabetes is below 140/90 mm Hg.
Cholesterol	
<p>Smoking</p> <p>If you smoke or use tobacco products, stop.</p>	<p>If you quit smoking</p> <ul style="list-style-type: none">• you will lower your risk for heart attack, stroke, and other health conditions• your blood glucose, blood pressure, and cholesterol levels may improve• your blood circulation will improve• you may have an easier time being physically active