

# Get Control of your Diabetes

Know your ABCDEs....

**A A1C \_\_\_\_\_% Goal <7% <8% <9%**

**B Blood pressure \_\_\_\_\_ Goal <140/90**

**C Cholesterol \_\_\_\_\_ LDL goal <100**

**D Diet Goals \_\_\_\_\_**

**E Exercise Goals \_\_\_\_\_**

**Next Appointment? \_\_\_\_\_ Next A1C? \_\_\_\_\_**

## Get control:

- Avoid sugar
- Exercise daily
- Skip the Soda
- Drink Water
- Limit processed food
- Take medications
- Follow up regularly
- Know your ABCDEs