

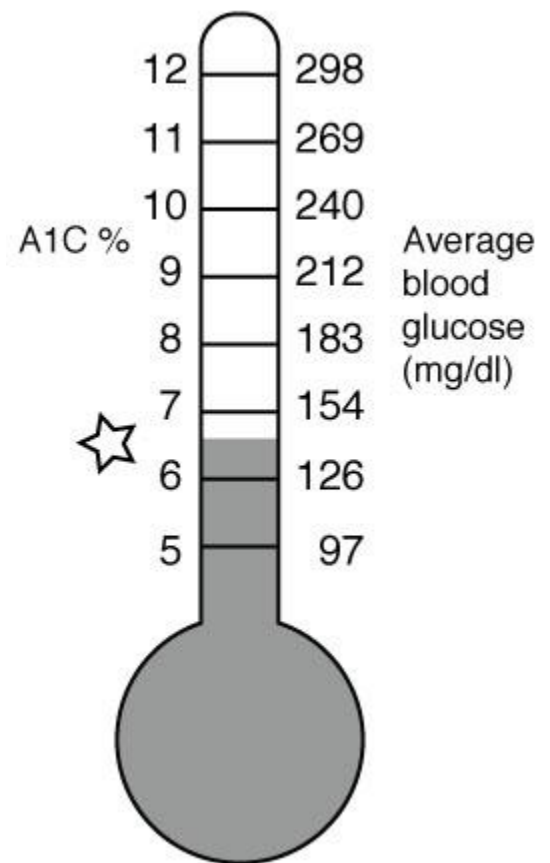
Diabetes: Just the Basics

Know Your ABCs

You need to have certain tests when you have diabetes. These tests help your doctor manage your diabetes to prevent or delay long-term problems. Your healthcare provider will order these tests regularly to see how well your diabetes, blood pressure, and cholesterol are controlled.

A1C

- **What:** A blood test that measures your blood sugar levels over the past 2 to 3 months
- **Goal:** Less than 7%. Older adults or people with medical problems may have an A1C goal of 8%.
- **How often:** You should have this test at least **two times** per year. Many people need to have it more often.



Blood Pressure

- **What:** A measure of the pressure of blood flow through your arteries
- **Goal:** 140/90 for most people, but may be 130/80 for some people
- **How often:** You should have your blood pressure checked every time you visit your healthcare provider. This should be at least two times per year if your blood pressure is high.

Cholesterol Profile

- **What:** A blood test that measures the different kinds of fat in your blood
- **Goal:** Keep your "bad" cholesterol (LDL) less than 100 mg/dl
- **How often:** You should have your cholesterol profile checked once each year. In some cases, you may need to have it checked more often.

Steps To Better Health

- Ask your healthcare provider when you should have these tests
- Ask your healthcare provider what your ABC goals should be
- Know your test results