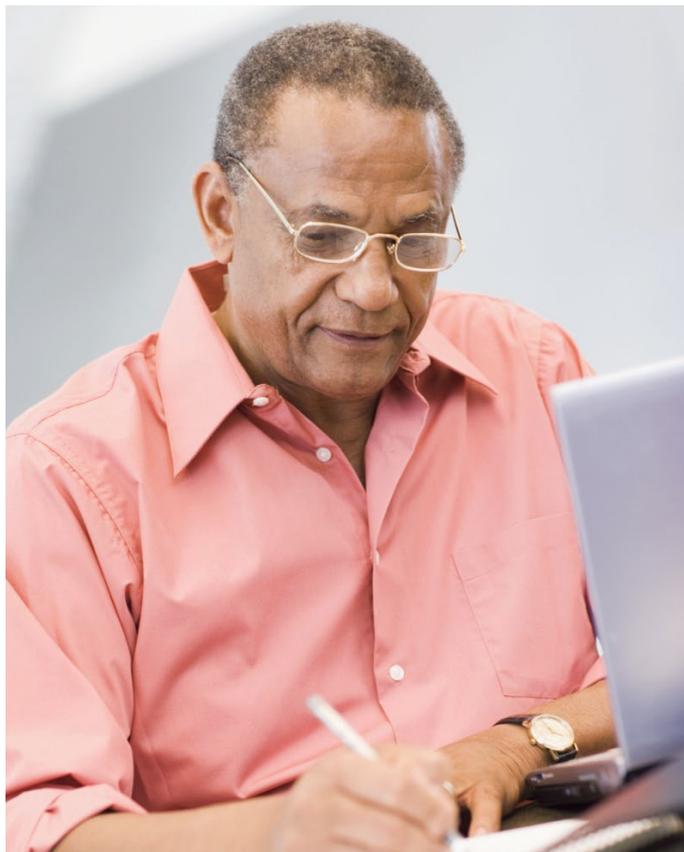


MY TYPE 2 DIABETES NUMBERS

Understanding and Tracking the ABCs of Type 2 Diabetes

MY TYPE 2 DIABETES ABC NUMBERS

When you have type 2 diabetes, you need to make a commitment to your health by understanding and tracking a few essential measures known as the ABCs of type 2 diabetes.¹



A stands for A1C (average blood sugar over the past 2 to 3 months)

B stands for blood pressure

C stands for cholesterol

By knowing your ABCs, you can help yourself and your healthcare team understand how well your type 2 diabetes is being managed.^{1,2} Tracking your ABCs may also help you lower your chances of heart and blood vessel disease.¹

KNOWING YOUR A1C NUMBERS

Your healthcare team orders an A1C test to better understand your average blood sugar over the last 2 to 3 months.³ The A1C test provides you with a picture of your average blood sugar control over time to let you know how well you are doing.

Your doctor and you will work together to decide what your target blood sugar levels should be.

The A1C average blood sugar level is not the same number as the one you see on your meter everyday. Your A1C is reported as a percentage, whereas your blood sugar level is reported as mg/dL.³

Since you are more likely to check your blood sugar more often when your level is low, your meter average is likely to be lower than the average revealed by the A1C test.³

Healthy A1C Numbers

For most people, the American Diabetes Association (ADA) suggests an A1C of 7% or lower. This means an average blood sugar level of 154 mg/dL.³ Work with your healthcare team to determine your personal treatment goals.

Date	My A1C Results	My Target Numbers*	Within Healthy Range
	A1C = _____	A1C = _____	<input type="radio"/>
	A1C = _____	A1C = _____	<input type="radio"/>
	A1C = _____	A1C = _____	<input type="radio"/>
	A1C = _____	A1C = _____	<input type="radio"/>
	A1C = _____	A1C = _____	<input type="radio"/>
	A1C = _____	A1C = _____	<input type="radio"/>

*Target numbers are provided as recommendations of the ADA.

KNOWING YOUR BLOOD PRESSURE NUMBERS

Many people with type 2 diabetes can also suffer from high blood pressure. Nearly 66% of people with diabetes report having high blood pressure or having been prescribed medication to lower their blood pressure.⁴

Blood pressure represents the force of blood flow inside your blood vessels. Keeping track of this information is important. If your blood pressure is too high, your heart needs to work harder. This means your risk of potentially serious problems like heart disease and stroke increases.^{4,5} Your healthcare team should check your blood pressure at every office visit.

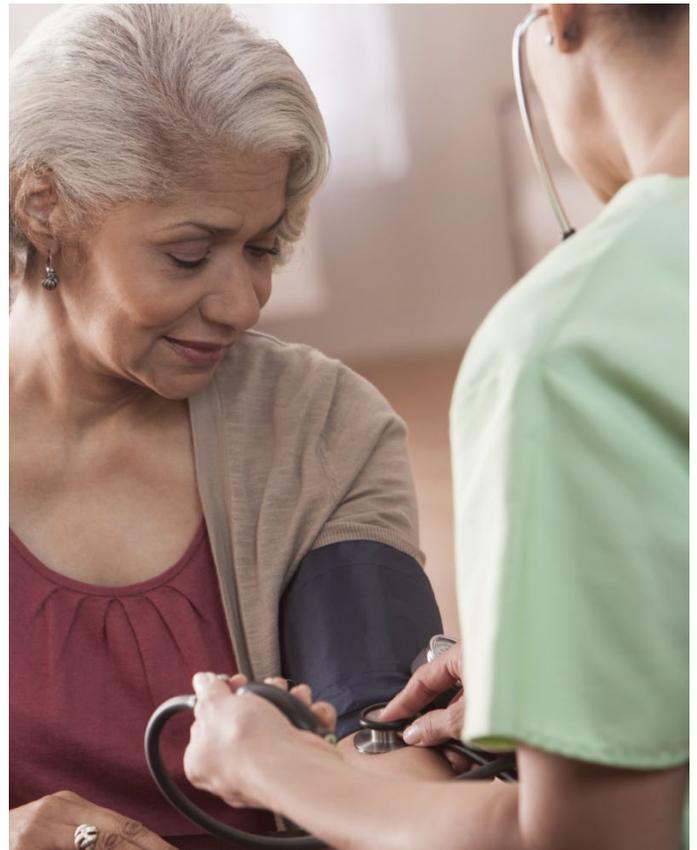
Healthy Blood Pressure Numbers

Blood pressure is measured as a set of two related numbers. The first number represents the pressure when your heart pushes blood through your blood vessels. This is known as systolic pressure. The second number represents the pressure in your blood vessels when your heart relaxes between beats. This is known as diastolic pressure. Your healthcare team will record these numbers as systolic over diastolic.

These are the numbers to keep in mind:

For most people, the American Diabetes Association (ADA) recommends a blood pressure goal of 140/90 mm Hg.⁵

Work with your healthcare team to determine your personal treatment goals.



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Your healthcare team should check your blood pressure at every office visit. If you check your blood pressure daily, do so as your healthcare team recommends.
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KNOWING YOUR LIPID NUMBERS

Monitoring your lipids, such as cholesterol, lets you know the amount of fat in your blood. HDL (high-density lipoprotein) cholesterol can help protect your heart. Other forms of cholesterol such as LDL (low-density lipoprotein) can raise your risk of serious problems.⁶ To stay in the best health, it's important to have healthy lipid levels.

LDL is referred to as “bad” cholesterol because it can lead to a buildup of cholesterol in your arteries. Generally, the less you have in your body, the better.⁶ HDL is considered “good” cholesterol because it helps remove cholesterol from your body. Generally, the higher your level of HDL, the better.⁶

Triglycerides, another type of lipid, need to be watched because higher levels in your body can raise your risk of heart attack or stroke. Your healthcare team will order a blood test to check your cholesterol numbers.⁶

Healthy Lipid Numbers⁵

For most people, healthy lipid levels are:

- LDL cholesterol: Less than 100 mg/dL
- HDL cholesterol: Higher than 40 mg/dL for men and 50 mg/dL for women is good, but an HDL-C 50 mg/dL or higher helps everyone lower their risk for heart disease.
- Triglycerides: Less than 150 mg/dL

Work with your healthcare team to determine your personal treatment goals.

Date	My Lipid Results	My Target Numbers*	Within Healthy Range
	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	○
	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	○
	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	○
	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	LDL Cholesterol = _____ HDL Cholesterol = _____ Triglycerides = _____	○

*Target numbers are provided as recommendations of the ADA.

References: **1.** American Diabetes Association. Complications. <https://www.diabetes.org/diabetes/complications>. Accessed July 7, 2020. **2.** American Diabetes Association. Understanding Blood Sugar and Control. <https://www.diabetes.org/diabetes/medication-management/blood-glucose-testing-and-control>. Accessed July 7, 2020. **3.** American Diabetes Association. Understanding A1C: A1C does it all. <https://www.diabetes.org/a1c>. Accessed July 7, 2020. **4.** American Diabetes Association. Conquer High Blood Pressure. <https://www.diabetes.org/diabetes-risk/prevention/high-blood-pressure>. Accessed July 7, 2020. **5.** American Diabetes Association. Standards of medical care in diabetes—2016: summary of revisions. *Diabetes Care*. 2016;39(suppl 1):S4-S5. **6.** American Diabetes Association. Fats. <https://www.diabetes.org/nutrition/healthy-food-choices-made-easy/fats>. Accessed July 7, 2020.



CarePath Healthy Engagements is a comprehensive program designed to help improve the lives of people living with type 2 diabetes and assist those that care for them. [CarePathHealthyEngagements.com](https://www.carepathhealthyengagements.com)

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