



The Alphabet of Diabetes Care

A is for A1c. A1c tells you your average blood sugar over 3 months.

is for albuminuria. Get a test to tell you if you have protein in your urine.

is for aspirin. Low dose aspirin each day can help prevent a heart attack or stroke.

B is for blood pressure. High blood pressure makes your heart work too hard. High blood pressure can hurt your eyes and kidneys.

C is for cholesterol. LDL, the bad cholesterol, builds up and clogs your arteries.

D is for diabetes education. The more you know about how food, exercise and medicine affect your diabetes, the better you and your doctor can manage it.

E is for eye exam. Retinal eye exams can catch eye disease early and prevent blindness.

F is for foot care. Check your feet every day. People with diabetes sometimes can't feel their feet. If you can't feel your feet, you can't tell when something is wrong with them.

G is for glucose (sugar). If you know when your blood sugar gets too high or too low, it is easier to know what the right treatment is.

H is for staying healthy. Get the flu shot and the pneumonia shot so you don't get sick.

For more information about diabetes, call Gayle Kolt at 718-794-6009.

Source: Adapted from the American Diabetes Association, "For Great Diabetes Care, Remember your ABCs!"