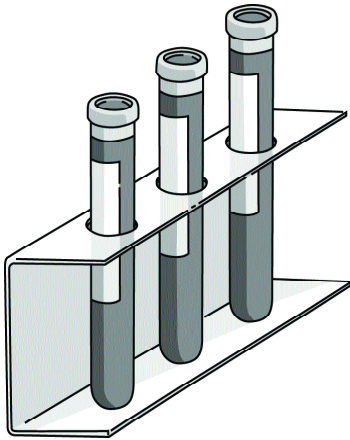


ABCs of Diabetes Management

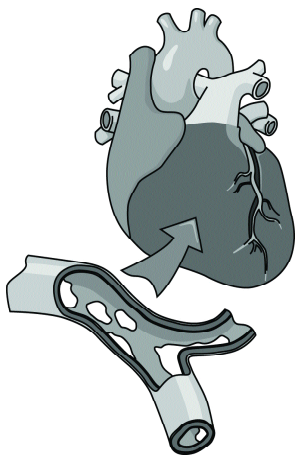
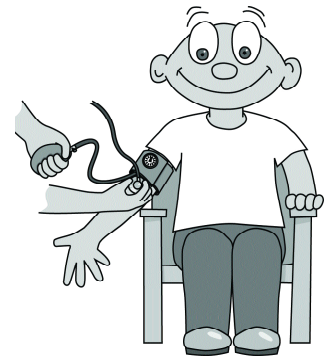
Testing for A1c, Blood Pressure and Cholesterol



A1c = Glycosylated Hemoglobin, Glycohemoglobin (blood test) can report a blood sugar level average over a period of 2-3 months. The American Diabetes Association's recommended level for A1c is below 7%.

Blood Pressure

The top numbers (systolic) and bottom numbers (diastolic) tell you the force of the blood inside your artery walls. The American Diabetes Association's recommended level for blood pressure is below 130/80 mm/Hg.



Cholesterol = Lipid Panel, Lipoprotein (blood test)

The American Diabetes Association's recommended level for total cholesterol is below 200 mg/dl, LDL below 100 mg/dl, HDL above 40 mg/dl in men and above 50 mg/dl in women, and triglycerides below 150 mg/dl.