

# Know your ABCs

**When you have diabetes, there are three important measures you need to look out for.** These are also known as your diabetes **ABCs**, which include your **A**1c, **B**lood pressure and **C**holesterol.

You can take a look at this chart to learn some common goals for each.

Screening	Why it's important	Common goals
<b>A1c</b>	A1c measures your average blood sugar level over the past 2 to 3 months.	Below 7
<b>Blood pressure</b>	High blood pressure makes your heart work harder.	Below 140/90
<b>Cholesterol</b>	LDL, or "bad" cholesterol can clog your arteries.  HDL, or "good" cholesterol keeps your arteries clear.	Below 100  Above 40 for men Above 50 for women

*Keep in mind that your goals may be different from the numbers above. Ask your doctor what's best for you.*

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