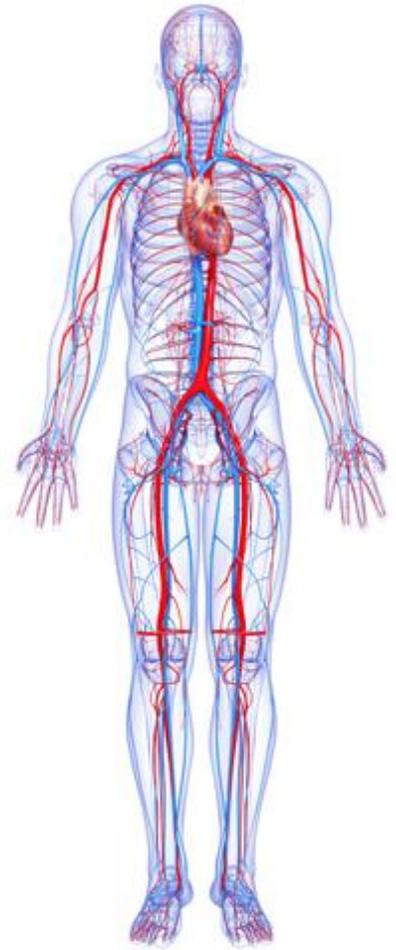


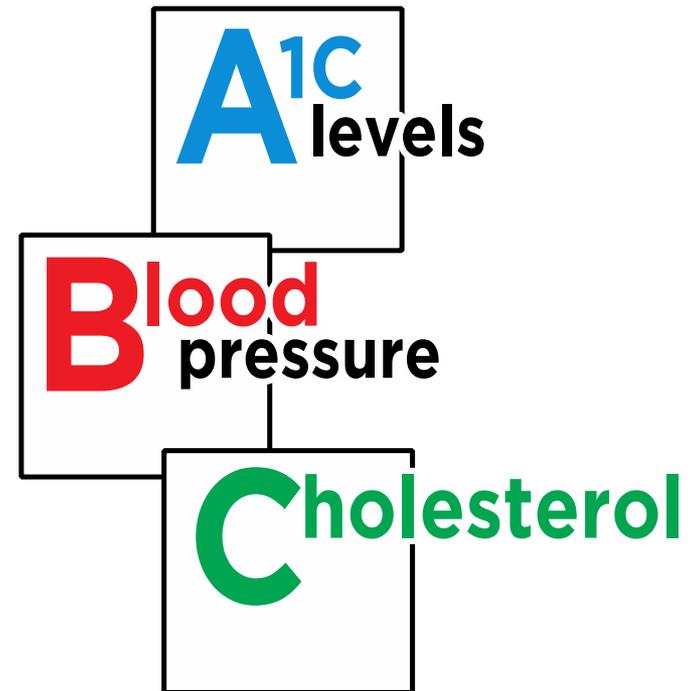
# Keep Your Blood in Balance

- People with diabetes can have blood that is out of balance.
- The levels depend on how we eat, exercise, and sleep, and the medicines we take.
- If your blood is out of balance, it is possible to bring it back into balance.

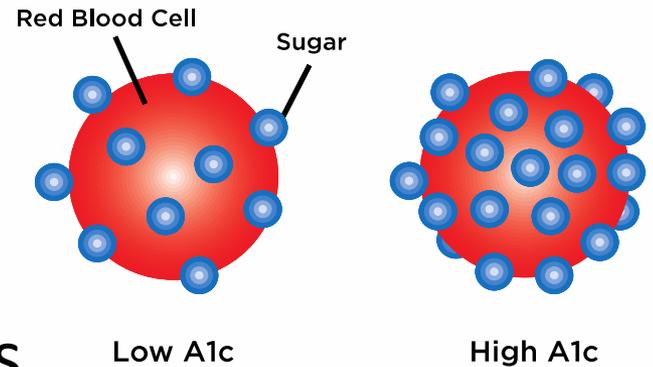


# ABC

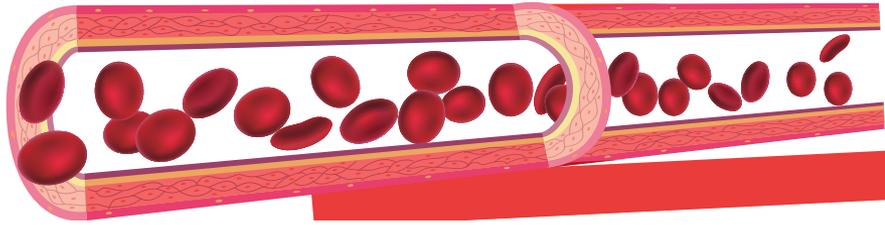
- If you have diabetes, there are 3 things in your blood to keep in balance.
- They are called ABC.
  - A stands for A1c
  - B stands for blood pressure
  - C stands for cholesterol



# A1c



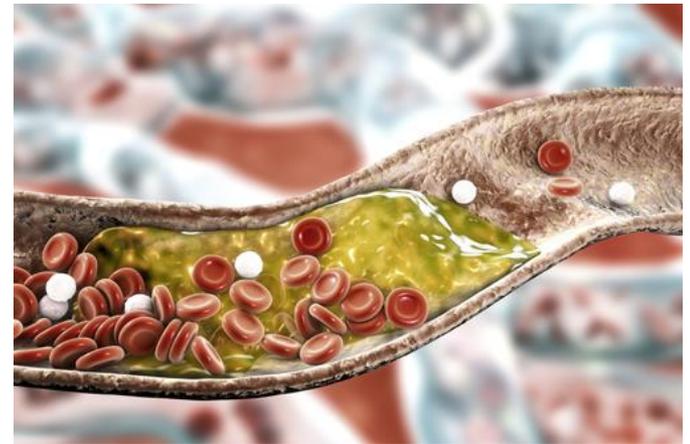
- Human blood contains many cells.
- Sugar in the blood sticks to the outside of the cells.
- A1c is a test that shows the amount of sugar on the outside of the red blood cells.
- People with diabetes should have an A1c test every 3 months.
- A1c is high in people with diabetes.
- The normal level is below 6.
- The goal for people with diabetes is below 7.0.



# Blood Pressure

- Blood travels through your body inside veins the way water travels through a hose.
- The blood in your veins puts pressure on the veins. This is called “blood pressure”.
- People with diabetes often have blood pressure that is too high.
- High blood pressure can lead to a heart attack or stroke.
- Blood pressure has 2 numbers.
  - The top number is the pressure when your heart contracts during a heartbeat.
  - The bottom number is the amount of pressure when your heart relaxes between heartbeats.
- Ideal blood pressure is less than 120/80.

# Cholesterol



- Cholesterol is fat in the blood.
- People with diabetes often have cholesterol that is out of balance.
- There are different types of cholesterol.
  - HDL: high density lipoprotein (good fat); goal is over 40
  - LDL: low-density lipoprotein (bad fat); goal is under 100
  - Triglycerides (bad fat); goal is under 150
  - Total cholesterol (all lipids combined); goal is under 200