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.
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 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 you 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