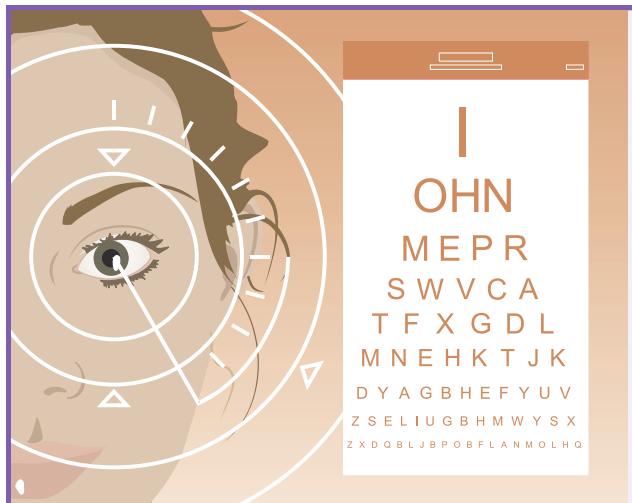


## It's Good to Know About Diabetes

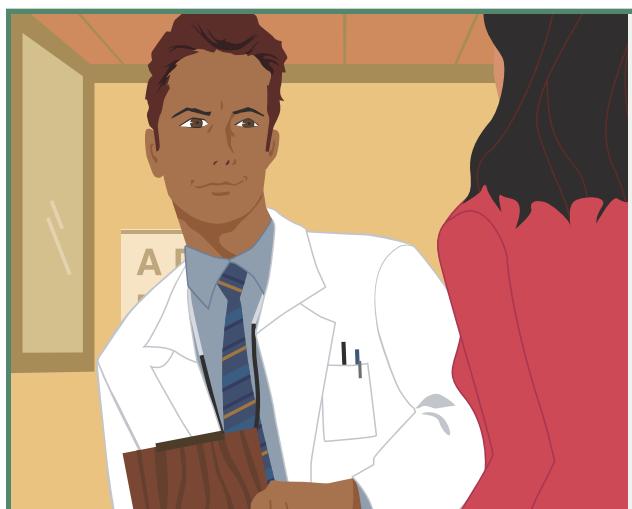


### Know your long-term numbers.<sup>1</sup>

- A1C (average blood sugar level) Less than 7%
- Blood Pressure Less than 130/80
- LDL – bad cholesterol Less than 100
- HDL – good cholesterol Greater than 40
- Triglycerides Less than 150



**Have an annual dilated retinal eye exam by an eye doctor.**



**Talk with your doctor about diet and exercise.**



**Take off your shoes and socks for your foot exam.**

**Reference:**

1. American Diabetes Association. Standards of Medical Care in Diabetes. *Diabetes Care*. 2007;30(suppl 1):S4–S41.