

# Diabetes: Just the Basics

## Know Your ABCs

People with diabetes need to monitor certain blood tests. These tests help your doctor manage your diabetes to prevent or delay long-term problems. Your healthcare provider will order these tests regularly to see how well your diabetes, blood pressure, and cholesterol are controlled.

**A1c** - A blood test that measures your blood sugar levels over the past 2 to 3 months  
*For most people, the goal is to keep your A1c less than 7%*

You should have this test *at least* two times per year. Many people with diabetes will have it more often than that. Talk with your healthcare provider to know when you should have the A1c test.

**Blood Pressure** - A measure of the pressure of blood flow through your arteries  
*The goal is to keep your blood pressure less than 130/80*

You should have your blood pressure checked every time you visit your healthcare provider. This should be at least once per year.

**Cholesterol Profile** - A blood test that measures the different kinds of fat in your blood  
*The goal is to keep your "bad" cholesterol (LDL) less than 100*

You should have your cholesterol profile checked once each year. In some cases your healthcare provider may ask you to have it checked more often. Talk with your healthcare provider to know when you should have your cholesterol profile.

### Steps To Better Health

- Ask your healthcare provider when you should have these tests
- Ask your healthcare provider what your ABC goals should be
- Know your test results