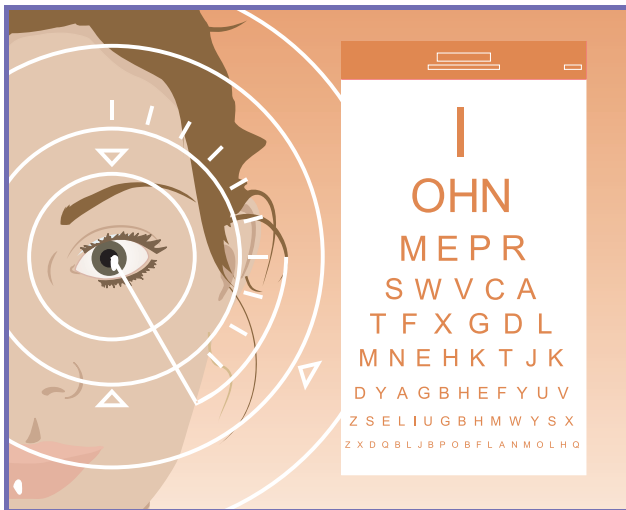


It's Good to Know About **Diabetes**



Know your long-term numbers.¹

- | | |
|-----------------------------------|------------------|
| ▶ 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.