

# the **3** to beat *in diabetes*

## HgA1c, Blood Pressure, and LDL Cholesterol

1

**HgA1c** (hemoglobin A1c, a blood test) is a measure of blood sugar levels over a period of 3 months. The target is 7.0 or below to prevent the complications of diabetes. You can control blood sugar with a combination of diet, exercise, weight control, and medications.

2

**Blood pressure** control is very important for diabetics. The goal of 120/80 is the target for trying to minimize damage to blood vessels and the heart. Exercise, salt restriction, and medications all help to lower blood pressure levels.

3

**LDL** is a specific type of cholesterol that can lead to blockages of the blood vessels when it is too high. The target is 100 or below for diabetics to help prevent or delay the formation of blockages in the arteries of the heart and other organs. In diabetics with known heart disease, the target is 70 or below and is usually achieved by using medications that lower cholesterol levels. Diet, exercise, and weight control are also part of this effort.

You and your diabetes care team will look at other considerations in the care of your health, but **the 3 to beat** are an important start.

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