

**My diabetes
ABC numbers:**

A1C = ?

Blood Pressure = ?

Cholesterol = ?

**My PIN
number**

**My Social
Security number**

Know your diabetes **ABCs** just like you know your other numbers.

If you have diabetes, you are at high risk for heart attack and stroke. *But you can fight back.* You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your **A1C**, **B**lood pressure, and **C**holesterol numbers are and ask what they *should* be. Then talk about the steps you can take to reach your ABC goals. You have the power to help prevent heart attack and stroke. Control your ABCs.

Talk to your health care provider today.

**For a free brochure about the ABCs of diabetes,
call 1-800-860-8747 or visit www.ndep.nih.gov.**



NDEP
National Diabetes
Education Program

A program of the National Institutes
of Health and the Centers for
Disease Control and Prevention

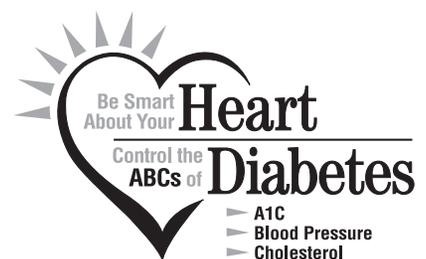


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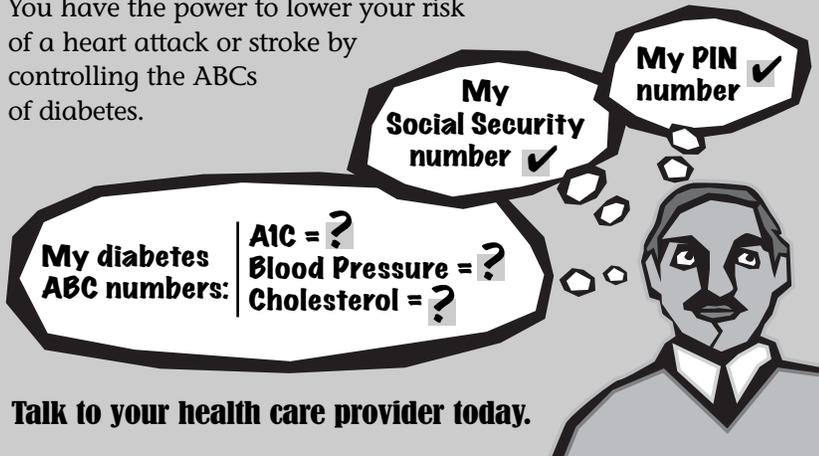


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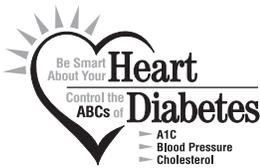
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If you have diabetes, ask your health care provider what your **A1C**, **B**lood pressure, and **C**holesterol numbers are, what they should be, and what steps you can take to reach your ABC goals.

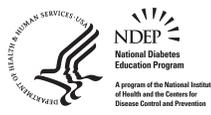
You have the power to lower your risk of a heart attack or stroke by controlling the ABCs of diabetes.



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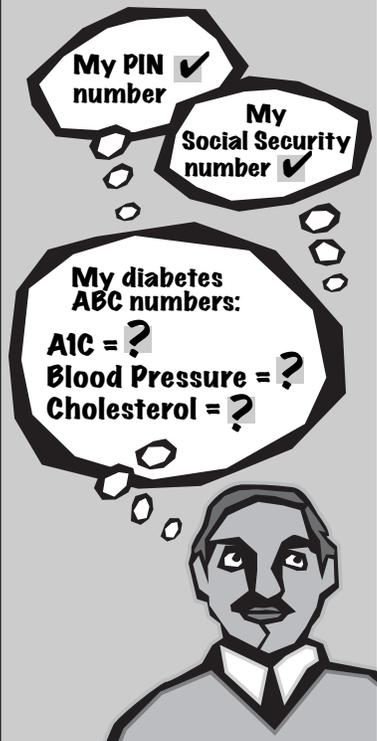


A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention

4.5" x 5.25"

Know your diabetes ABCs just like you know your other numbers.

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2" x 10"

Know your diabetes ABCs just like you know your other numbers.

My Social Security number ✓

My PIN number ✓

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2" x 4.75"

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4.5 x 2"