If you have diabetes, take care of your heart. Having diabetes means you are more likely to have a heart attack or a stroke—but it doesn’t have to—if you take care of your diabetes.

Over time, high blood glucose (sugar) can hurt organs in your body such as your kidneys and your eyes. High blood pressure can make your heart work too hard. And bad cholesterol, or LDL, builds up and clogs your heart and blood vessels.

Taking care of your blood glucose, blood pressure, and cholesterol means a longer and healthier life.

ASK YOUR DOCTOR

1. What are my blood glucose, blood pressure, and cholesterol numbers?
2. What should they be?
3. What actions can I take to reach my goals?

Use the Diabetes Record Form to write down the answers to these questions.

TAKE ACTION NOW

You can live longer, improve your health, and lower your risk of heart disease or stroke.

❤ Eat foods like fruits, vegetables, beans, and whole grains.
❤ Eat foods made with less salt and fat.
❤ Be active 30 minutes or more each day.
❤ Stay at a healthy weight—by being active and eating the right amounts of healthy foods.
❤ Stop smoking—ask for help or call 1-800-QUITNOW (1-800-784-8669).
❤ Take medicines the way your doctor tells you.
❤ Ask your doctor about taking aspirin.
❤ Ask for help if you feel down or have trouble with stress.
❤ Ask your family and friends to help you take care of your heart and your diabetes.
Goal
Take care of your heart by taking care of your blood glucose, blood pressure, and cholesterol.

Use this form to keep track of your **blood glucose**, **blood pressure**, and **cholesterol**. Work with your health care team, friends, and family to reach your goals.

### BLOOD GLUCOSE
The A1C test—short for hemoglobin A-1-C—is a simple blood test of your average blood over the last three months.

**Goal for most people:** Below 7 on the A1C test  
**My goal is:**

Note: People who often have low blood glucose or who have had a heart attack or are at high risk for a heart attack may need a higher A1C goal.

**TEST AT LEAST TWICE A YEAR**

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**Actions I can take**

### BLOOD PRESSURE
High blood pressure makes your heart work too hard.

**Goal for most people:** Below 130/80  
**My goal is:**

**CHECK AT EVERY VISIT**

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**Actions I can take**

### CHOLESTEROL
Bad cholesterol, or LDL, builds up and clogs your heart.

**Goal for most people:** LDL Below 100  
**My goal is:**

**TEST AT LEAST ONCE A YEAR**

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**Actions I can take**