



You can help make your family and community healthy and strong by taking care of your heart. If you have diabetes, it's even more important to take care of your heart and blood vessels.

You can live a long and healthy life if you manage your blood glucose (sugar), blood pressure, and cholesterol for a strong heart. Too much sugar in the blood hurts your body. High blood pressure makes your heart work harder than it should. Bad cholesterol, or LDL, builds up and clogs your heart and blood vessels. If you manage all three, you will have better heart health, brain health, kidney healthy, and eye health.

### **ASK YOUR DOCTOR/PROVIDER THESE QUESTIONS**

1. What are my blood glucose (sugar), blood pressure, and cholesterol numbers?
2. What should they be?
3. What can I do to reach these numbers?

Talk to your doctor/provider about your blood glucose, blood pressure, and cholesterol. Manage your diabetes for your heart, for your family, and for your community. Protect the circle of life!

### **TAKE CARE OF YOU AND YOUR FAMILY NOW**

- Eat more foods like fruits, vegetables, beans, and whole grains.
- Eat less salt and less fat.
- Eat less fast food.
- Drink water instead of soda pop.
- Get at least 30 minutes of physical activity every day.
- Go for a walk every day.
- Stop smoking – seek help.
- Keep taking your medicines the way your doctor/provider tells you to.
- Ask your doctor/provider about taking aspirin.
- Ask your family and friends to help you meet your goals to take care of your heart and diabetes.

# Diabetes Record Form

Take care of your heart by taking care of your blood glucose (sugar), blood pressure, and cholesterol. Use this form to keep track of your blood glucose (sugar), blood pressure, and cholesterol numbers when you visit your doctor/provider. Work with your doctor/provider, friends, and family to reach your goals.

## Blood Glucose (Sugar) Goal: Below 7 on the A1C test.

The A1C test – short for hemoglobin (HEE-mo-glo-bin) A-1-C – is a blood test that measures your average blood glucose (sugar) over the last three months.

TEST AT LEAST TWICE A YEAR

Date							
Result							

## Blood Pressure Goal: Less than 130/80

TEST AT EVERY CLINIC VISIT

Date							
Result							

## Cholesterol Goal: LDL less than 100

TEST AT LEAST ONCE A YEAR

Date							
Result							

To manage my diabetes I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

