

## **ABCDEF's For PATIENTS**

**A:** A1c Target and **A**spirin daily  
**B:** Blood Pressure Control  
**C:** Cholesterol Management & **C**igarette Smoking Cessation  
**D:** Diabetes & Pre-Diabetes Lifestyle Management  
**E:** Exercise  
**F:** Food Choices

<b>A:</b>	<b>A1c Target</b>  <b>Aspirin daily</b>	<ul style="list-style-type: none"> <li>❖ Know your HbA1c level and try to achieve HbA1C&lt;7%.</li> <li>❖ Talk to your doctor about taking an aspirin if you have diabetes and are &gt; 40 years of age OR if you have heart disease or have had a heart attack or stroke.</li> </ul>
<b>B:</b>	<b>Blood Pressure Control</b>	<ul style="list-style-type: none"> <li>❖ Know your blood pressure.</li> <li>❖ Achieve a goal blood pressure of &lt;130/80 mm Hg</li> <li>❖ Have your blood pressure checked at least every year or more frequently if you have high readings</li> </ul>
<b>C:</b>	<b>Cholesterol Management</b>  <b>Cigarette Smoking Cessation</b>	<ul style="list-style-type: none"> <li>❖ Know your LDL cholesterol (“bad cholesterol”) level</li> <li>❖ Achieve a goal LDL of &lt;100 mg/dL and, optimally, &lt; 70 mg/dL.</li> <li>❖ If you smoke, discuss strategies of smoking cessation with your doctor.</li> </ul>
<b>D:</b>	<b>Diabetes and Pre-Diabetes Management</b>	<ul style="list-style-type: none"> <li>❖ Healthy food choices, weight reduction, physical activity, and smoking cessation will help you control your diabetes.</li> <li>❖ See a diabetes specialist if your diabetes is not under good control.</li> <li>❖ If you have pre-diabetes, learn the steps you can take to reduce your risk of developing diabetes.</li> </ul>
<b>E:</b>	<b>Exercise</b>	<ul style="list-style-type: none"> <li>❖ Maintain a daily aerobic physical activity program.</li> <li>❖ Intensity can be modest (walking is a great exercise!)</li> <li>❖ Add resistance training (weight machines or free weights) 2 days per week.</li> <li>❖ Increase your daily activity (gardening, housework, taking the steps and parking farther away).</li> </ul>
<b>F:</b>	<b>Food Choices</b>	<ul style="list-style-type: none"> <li>❖ Decrease total calorie intake and serving size.</li> <li>❖ Limit foods high in cholesterol and saturated and trans fats.</li> <li>❖ Include fish, poultry, lean meats, non-fat or low-fat dairy, poly and mono unsaturated fats, fruits, vegetables, grains, and nuts.</li> <li>❖ See a dietician for an eating plan specific to your situation.</li> </ul>