

You don't need to be a **SUPERHERO**
to manage your **diabetes.**

You need to
control your **ABCs.**

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 1-800-438-5383
or visit www.ndep.nih.gov.

