

ABCs of diabetes management

A

A1C. Your A1C check shows what your blood sugar has been over the last 3 months. Small changes in A1C can make a big difference in your risk for diabetes-related complications.

B

Blood pressure. High blood pressure makes your heart work harder than it should. Controlling your blood pressure is just as important as controlling your blood sugar.

C

Cholesterol. Your cholesterol numbers tell you about the amount of fat in your blood. Some kinds of cholesterol can clog your blood vessels causing heart attack or stroke.

Get more information at buffalotrachealth.com, or by visiting or calling the Mason County Health Department or the Robertson County Health Department.

