



Did you know that **2 out of 3** people with diabetes die from heart disease or stroke?

Ask about the link between diabetes and heart disease and learn how the **ABCs** of diabetes can help you lower your risk:

- A:** Lower your **A1C**, a test that measures average blood sugar over the past 3 months, to less than 7
- B:** Keep your **Blood** pressure below 130/80
- C:** Get your "bad" **Cholesterol** (LDL) below 100

Call **1-800-DIABETES (1-800-342-2383)** or visit www.diabetes.org/MakeTheLink



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