

# DIABETES MANAGEMENT

## IN CANADA

### The ABCDEs of Diabetes Care

Managing diabetes protects your heart, kidneys, eyes, and nerves. The “ABCDEs” help you and your healthcare team set targets to stay healthy.

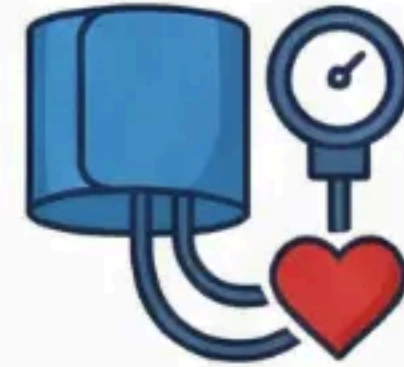
## THE ABCDEs OF DIABETES CARE

### **A** A1C (Blood Sugar Control)



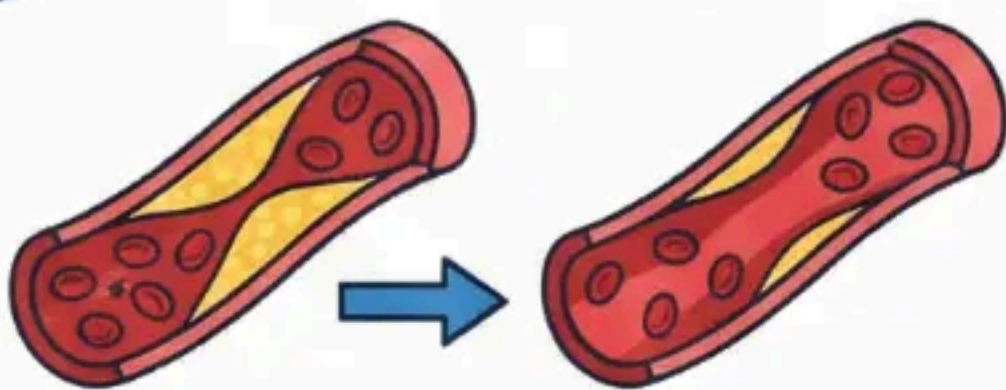
- Target: Usually  $\leq 7.0\%$
- Check every 3 months
- Shows average sugar over 3 months

### **B** BLOOD PRESSURE



- Target:  $<130/80$  mmHg
- Protects heart and kidneys
- Check at every visit

### **C** CHOLESTEROL



- LDL Target:  $<2.0$  mmol/L
- Statin medication recommended for most adults  $>40$  with diabetes
- Reduces heart attack/stroke risk

### **D** DRUGS (Medications)



- Protect your heart & kidneys!
- Ask about SGLT2 inhibitors (protect kidneys/heart)
- Ask about GLP-1 agonists (weight loss/heart protection)

### **E** EXERCISE & EATING



- 150 mins moderate activity/week
- Resistance training 2-3x/week
- Mediterranean or low-glycemic diet

### **S** SCREENING & SMOKING



- Eyes (Retinopathy): Every 1-2 years
- Feet (Nerves): Every year
- Kidneys: Urine test every year
- STOP SMOKING!