

# If you have Diabetes, do you know the ABCs of Good Diabetes Care?

**A**

**A1c (measures blood sugar control)**  
goal: less than 7.0%

**B**

**Blood Pressure goal:**  
less than 130/80

**C**

**Cholesterol (LDL) goal:**  
70 or less for those with diabetes  
or high blood pressure

**D**

**Dip Urine Test for kidney  
microalbumin goal:**  
Yearly test

**E**

**Eye Exam goal:**  
Yearly exam

**F**

**Foot Exam goal:**  
Yearly exam