Be Smart About Your Heart!

Control the ABCs of Diabetes

A1C Test
The A1C test is a blood test that measures your average blood sugar level over the past three months.

Blood Pressure
Blood pressure is the force of your blood against the wall of your blood vessels.

Cholesterol
There are two kinds of cholesterol in your blood: LDL and HDL. LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke.

Stop Smoking
Stop smoking — ask for help or call 1-866-NJSTOPS (1-866-657-8677)

CALL the EPWC for information about diabetes prevention and diabetes control workshops: 973-972-4623. Ask for Ms. Schoenherr.

Essex-Passaic Wellness Coalition
web.rjnm.rutgers.edu/epwc

Department of Preventive Medicine and Community Health, Rutgers New Jersey Medical School
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