

Be Smart About Your Heart!

Control the ABCs of Diabetes

A

A1C Test

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

B

Blood Pressure

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

C

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.

S

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.



Department of Preventive Medicine and Community Health, Rutgers New Jersey Medical School
Supported by funds from the Centers for Disease Control and Prevention through the New Jersey Department of Health,
Chronic Disease Prevention and Control Program.

Adapted from: <http://ndep.nih.gov/partners-community-organization/national-diabetes-month/2014.aspx>