

# ABCS

## Heart Disease, Stroke, and Diabetes

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**A = Aspirin Use / A1c.** Ask your provider about taking:

- One baby aspirin (81 mg) every day, or
- One regular aspirin (325 mg) every other day.
- Most diabetics should have an A1c < 7%

**B = Blood Pressure Treatment and Control.** BP < 120/80

- Consume less than 2300 mg sodium daily
- BP < 130/80 if diabetic

**C = Cholesterol.** Ask your provider about how often to check your cholesterol.

- Total cholesterol < 200
- LDL (bad cholesterol) < 100
- Do not eat trans fats

**S = Smoking Cessation.** Research shows using a quitline with medication increase abstinence rates.

- Call 1-800-QUITNOW for more details or ask your provider.  
(1-800-784-8669)

