ABCS

Heart Disease, Stroke, and Diabetes

A = Appropriate Aspirin Therapy/ A1c.

- Aspirin may help: ask your healthcare provider
- Most diabetics should have an A1c < 7%

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

- Consume less than 2300 mg sodium daily
- BP < 140/90 if diabetic *

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

- Total cholesterol < 200
- LDL (bad cholesterol) < 100
- Read the nutrition label: select food with 0 grams of trans fat
- Read the nutrition label: choose foods lowest in saturated fat and cholesterol

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)**

CARDIOVASCULAR HEALTH PROGRAM
Alabama Department of Public Health

ADPH.ORG/CVH

Alabama Diabetes PROGRAM

ADPH.ORG/Diabetes

*James, P., et al., (2013). The Eighth Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure