

Diabetes & Heart Disease:

The Numbers You Need to Know

Knowing five numbers can give you a more accurate picture of your health. At your next appointment, talk to your doctor about how to keep them in target range to lower your risk of heart disease and stroke.

Risk Factor	What Is It?	How is it Done?	How Often?	Target Range	My Numbers
A1C (Diabetes)	Your average blood glucose levels for the past 2-3 months	Blood Test	Every 6 months or more often if needed	A1C: ≤ 7%	Recent A1C: _____
BMI (Body Mass Index) & Waist Circumference	A body size calculation	Enter height and weight into a BMI calculator Measure around your bare waist, at the belly button	Regularly at home and at every doctor's appointment	BMI: 18.6-24.9 Waistline: Smaller than 35 inches for women and 40 inches for men	BMI: _____ Waistline: _____
Blood Pressure	The force of blood pumping through your arteries when your heart beats	At home with an arm cuff and/or at your doctor's office	Daily at home if possible, and at every doctor's appointment	Less than 120/80 mmHG	Recent BP Reading: ____ / ____
Cholesterol	A waxy substance produced by the liver or from foods derived from animals	Fasting blood test	Yearly or as recommended by your doctor	Total: Less than 200 mg/dL LDL (bad): Less than 100 mg/dL HDL (good): More than 40 mg/dL Triglycerides: Less than 150 mg/dL	Total: _____ LDL: _____ HDL: _____ Triglycerides: _____
Kidney Function	Kidneys filter waste and fluid from the body. Albumin is a protein that can pass into the urine when the kidneys are damaged.	Urine & Blood Tests: GFR tests how well the kidneys are filtering blood. A urine test checks albumin levels.	Yearly or as recommended by your doctor	GFR test: GFR > 60 is normal GFR < 60 may mean you have kidney disease GFR ≤ 15 is kidney failure Albumin test: 30 mg/g or less is normal > 30 mg/g may be a sign of kidney disease	GFR: _____ Albumin test: _____

You Have the Numbers, Now What?

Following up on your stats and maintaining healthy routines can reduce your risk for heart disease and stroke.



Start a conversation with your care team to build a plan together to keep these numbers in check and your heart and kidneys healthy.



Build habits that can make a big difference — eat smart, move more and stick to your medication plan.



Develop a solid network of support to help you stay motivated.

Building A Plan with Your Care Team: Discussion Guide

1. Which numbers should I be most concerned about?
2. What can I do to get them within target range?
3. What else can I do to reduce my risk for heart disease and stroke?
4. Share any concerns that you have with your doctor/care team around your treatment plan. Discuss solutions to address those concerns.

For more information, visit
[KnowDiabetesbyHeart.org/know-your-numbers-lower-your-risk](https://www.knowdiabetesbyheart.org/know-your-numbers-lower-your-risk)

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