

# 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   |
|--|---|--|---|--|--|
| <b>A1C</b>   | Your average blood glucose levels for the past 2–3 months.                    | Blood test.  | Every 6 months or more often if needed.                       | <b>A1C:</b> ≤ 7%<br>for non-pregnant adults  | <b>Recent A1C:</b><br>_____  |
| <b>BMI (Body Mass Index) &amp; Waist Circumference</b> | A calculation based on height and weight and a measurement around your waist. | Enter height and weight into a BMI calculator.<br><br>Measure around your bare waist, at the belly button, just after you breathe out.** | Regularly at home and at every doctor's appointment.          | <b>BMI:</b> 18.5-24.9 kg/m <sup>2</sup> *<br><br><b>Waistline:</b><br>If your BMI is between 25 and 35, your goal is less than 35 inches for women and 40 inches for men.<br><br>*BMI should be interpreted with caution for persons of Asian ancestry, older adults, and muscular adults. | <b>BMI:</b><br>_____<br><br><b>Waistline:</b><br>_____   |
| <b>Blood Pressure (BP)</b>                             | 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<br><br>For those that require pharmacological therapy, target BP should be 130/80 mmHg.  | <b>Recent BP Reading:</b><br>_____<br>/_____<br>_____  |
| <b>Cholesterol</b>                                     | A waxy substance produced by the liver or from foods derived from animals.    | Generally, a fasting blood test.   | Yearly or as recommended by your doctor.                      | Talk to your doctor.<br><br>Most people with diabetes age 40–75 will be prescribed a statin for primary ASCVD prevention.  | <b>Total:</b><br>_____<br><br><b>LDL:</b><br>_____<br><br><b>HDL:</b><br>_____<br><br><b>Triglycerides:</b><br>_____ |

\* per [heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults](http://heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults)

\*\* per [cdc.gov/healthyweight/assessing/index.html](http://cdc.gov/healthyweight/assessing/index.html)

| Risk Factor            | What is It?  | How is it Done?  | How Often?                               | Target Range  | My Numbers               |
|------------------------|--|--|--|---|--------------------------|
| <b>Kidney Function</b> | Kidneys filter waste and fluid from the body.  | <b>Urine &amp; Blood Tests:</b><br>Estimated glomerular filtration rate (eGFR) tests how well the kidneys are filtering blood. | Yearly or as recommended by your doctor. | <b>GFR test:</b><br>eGFR > 60 is normal<br>eGFR < 60 may mean you have kidney disease<br>eGFR < or = 15 is kidney failure | <b>eGFR test:</b>        |
|                        | Albumin and creatinine are proteins that can pass into the urine when the kidneys are damaged. | A urine test, called ACR, checks levels of albumin compared to creatinine.   |  | <b>Albuminuria test:</b><br>30 mg/g or less is normal<br>> 30 mg/g may be a sign of kidney disease                        | <b>Albuminuria test:</b> |
|                        |  |  |  |   |                          |

## You Have the Numbers, Now What?

Following up on your numbers and keeping 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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