



LIGHTHOUSE[®]
INTERNATIONAL

(800) 829-0500

www.lighthouse.org

The **“ABCs”** of Preventing Diabetes Complications — Take Control!

A = A1c 7 or below*

B = blood pressure <130/80

C = cholesterol LDL <100

s = **STOP** smoking!

*Fasting blood glucose 120 or less, daytime 160 or less