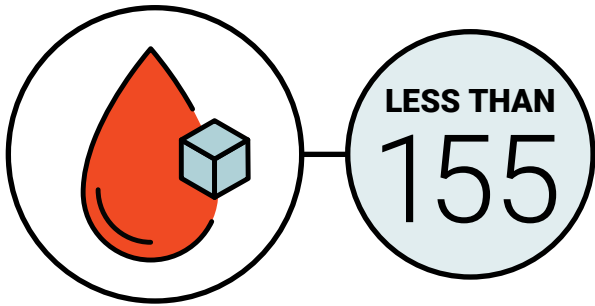


– TCOYD® WANTS YOU TO **KNOW YOUR NUMBERS** –

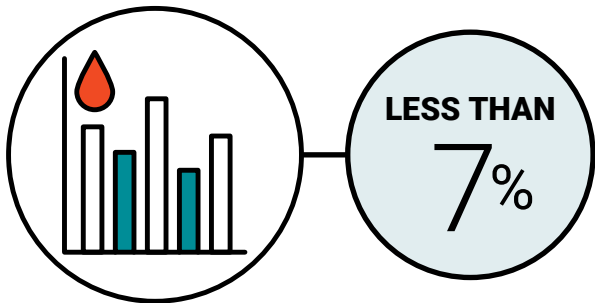
These numbers provide a glimpse into your health and assess your risk for conditions such as heart disease, kidney disease, and uncontrolled diabetes. These tests are common and very easy to do with blood and urine measurements. *(Please note these guidelines are for people living with diabetes.)*



– **BLOOD SUGAR** –

MEASURES THE TOTAL GLUCOSE IN THE BLOODSTREAM

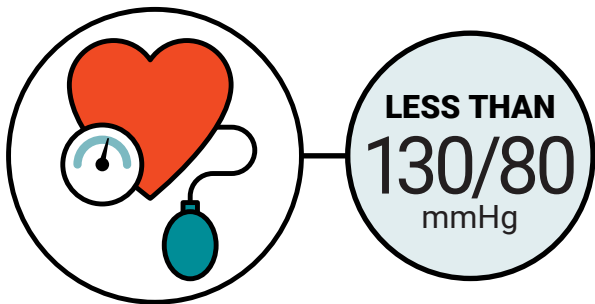
A goal for good control is getting your overall average blood glucose less than 155 mg/dL while avoiding low blood sugars as much as possible (less than 70 mg/dL). If you are doing that, you are winning!



– **GLYCOSYLATED HEMOGLOBIN A1C – (HGBA1C)**

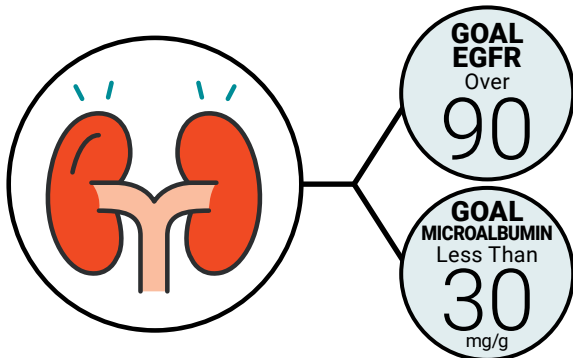
GIVES AN ESTIMATE OF WHAT YOUR GLUCOSE HAS BEEN OVER THE PAST 2 - 3 MONTHS

Obtaining an A1c of less than 7% puts you in a safe place with a very low chance of developing diabetes complications such as eye, kidney, and nerve damage.



– **BLOOD PRESSURE** –

Systolic BP (top number) measures the pressure when the heart is working to pump blood throughout your body. Diastolic BP (bottom number) measures the pressure when the heart is relaxing and filling up with blood for the next beat. Controlling blood pressure will help keep your heart and kidneys healthy.



– **KIDNEY HEALTH** –

Kidney health is measured with two tests. The eGFR test tells you how well the kidneys are *functioning* and the microalbumin test is a measure of protein in your urine that tells you about kidney *damage*.



– **LOW-DENSITY LIPOPROTEIN (LDL) CHOLESTEROL** –

(LDL) or “bad” cholesterol can lead to plaque buildup in your arteries and result in heart disease or stroke. People with diabetes are at higher risk for these cardiovascular problems, so lowering LDL levels is critical. Here are your goals:

People w/ Diabetes (*Without Heart Disease*)
LDL < 70 mg/dL

People w/ Diabetes (*With Heart Disease*)
LDL < 55 mg/dL