

A **1%** reduction in A1C equals a **40%** risk reduction for kidney, eye and nerve disease.

Reduce Your Risk of Diabetes Complications



The A1C blood test tells your average blood sugar level over three months.



About 74% of people with diabetes have high blood pressure.



Diabetes is the leading cause of blindness for people younger than 74 years.

Controlling blood pressure can reduce a diabetic's risk of heart disease by as much as

50%.

Diabetes increases your risk for other health problems, but you can prevent or delay them. Check out the Live Healthy section of www.SouthCarolinaBlues.com.

