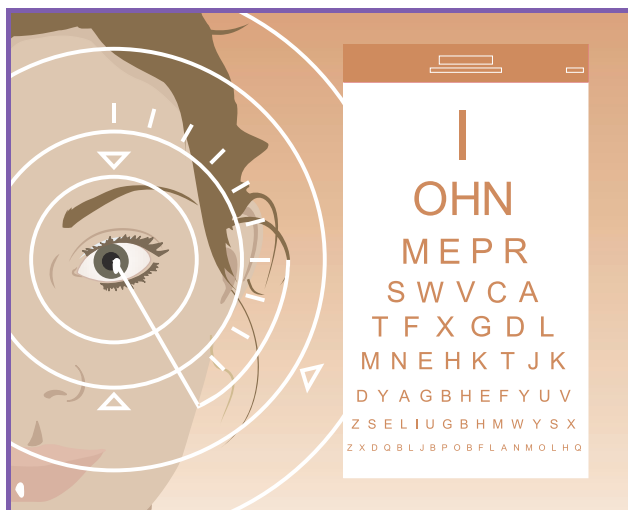


## It's Good to Know About **Diabetes**



### Know your long-term numbers.<sup>1</sup>

- |                                   |                  |
|-----------------------------------|------------------|
| ▶ A1C (average blood sugar level) | Less than 7%     |
| ▶ Blood Pressure                  | Less than 130/80 |
| ▶ LDL — bad cholesterol           | Less than 100    |
| ▶ HDL — good cholesterol          | Greater than 40  |
| ▶ Triglycerides                   | Less than 150    |



### Have an annual dilated retinal eye exam by an eye doctor.



### Talk with your doctor about diet and exercise.



### Take off your shoes and socks for your foot exam.

**Reference:**

1. American Diabetes Association. Standards of Medical Care in Diabetes. *Diabetes Care*. 2007;30(suppl 1):S4-S41.

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**Diabetes**