Are you ready to set a goal?

More than 30 million Americans have diabetes. About one-third of adults with diabetes are not at their A1C goal.

What’s more, diabetes is a significant concern in the Hispanic community. About 12% of U.S. Hispanic adults are already diagnosed, and it is the fifth leading cause of death within the Hispanic community.

That’s why Merck created Desafiando La Diabetes to help Hispanics with type 2 diabetes work with their doctor to set and reach their A1C goal. The program also encourages people to learn the signs and symptoms of low blood glucose and how to help reduce their risk.

Visit DesafiandoLaDiabetes.com to access educational resources to help you tackle some common type 2 diabetes challenges—head on. You can also join us by visiting Facebook.com/AmericasDiabetesChallenge.
You should talk to your doctor if you have questions about your medicine and/or treatment plan. Sometimes changes in medicine may be needed. If your doctor decides it is time to change your medicine, it may not mean you haven’t tried hard enough. Many people need to adjust their treatment plans over time to help reach their A1C goal.

Diabetes is a progressive disease. You should talk to your doctor if you have questions about your medicine and treatment plan. Changes in medicines may be needed. Many people need to adjust their treatment plans over time to help reach their A1C goal.

Many people with diabetes are aware of the importance of controlling high blood glucose by diet, exercise and taking medicine (if prescribed), but you may not know that blood glucose can also go too low (<70 mg/dL). This is known as hypoglycemia. Learn to recognize the signs and symptoms of low blood glucose, and talk to your doctor about how to help reduce your risk. If you frequently experience episodes of hypoglycemia you may develop a condition called hypoglycemia unawareness. This means you could still be experiencing hypoglycemia, but you would not feel any of its symptoms. If you think you have hypoglycemia unawareness, speak with your doctor.

People with type 2 diabetes can help reduce their risk of serious complications by setting individual goals to help manage the ABCs of diabetes.

**A1C**
A1C is a blood test that shows your average blood glucose level over the past 2 to 3 months and helps you and your doctor see how well your diabetes treatment plan is working.

**Blood Pressure**
Your blood pressure checks how hard your heart has to work to pump blood to your body. High blood pressure may lead to health problems over time.

**Cholesterol**
Cholesterol is a fat-like substance in the blood. Your body needs cholesterol, but too much can lead to serious health problems, such as heart attack and stroke.

**More About A1C**
The American Diabetes Association recommends that people with diabetes have an individualized A1C goal. The goal for many adults with diabetes is less than 7 percent. A higher or lower goal may be appropriate for some people. You should speak with your doctor about what goal is right for you.

**What You Can Do to Get to Your A1C Goal**
Over time, high blood glucose levels can put people with diabetes at risk for complications that include heart disease, blindness, kidney disease, nerve problems, lower limb amputation and stroke. The good news is that by keeping your blood glucose under control, you can help reduce these risks. Work with your doctor to come up with an individualized management plan that includes:

- **Following Your Diet Plan**
  Talk to your doctor about which foods are best for you and which to avoid, so you’ll know how to plan your meals and snacks.

- **Being Physically Active**
  Regular physical activity is an important part of managing diabetes. Talk to your doctor about ways that you can get and stay active.

- **Taking Medication**
  Taking medicine (if prescribed) to help lower your blood glucose.

**Blood Glucose Facts**
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- **Checking Blood Glucose Levels**
  Check your blood glucose levels as often as instructed and know your A1C goal and your A1C. Discuss the results at each visit with your doctor.

- **HYPOGLYCEMIA CAN MAKE YOU FEEL:**
  - Shaky
  - Dizzy
  - Sweaty
  - Hungry
  - Faint

- **HYPOGLYCEMIA CAN BE CAUSED BY:**
  - Skipping Meals
  - Excessive Exercise
  - Certain Diabetes Medicines
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**Consequences of Hypoglycemia**
If left untreated, hypoglycemia may lead to serious health problems, such as heart attack and stroke.

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**Diabetes Is a Progressive Disease**
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**Take the Challenge and Set a Goal**
Visit DesafioEnLaDiabetes.com to help you take control of your blood glucose.

**Diabetes Management Plan**
Set Goals, Make a Plan, and Learn About Controlling Both High and Low Blood Glucose

**Stick to the Plan, Check in with Your Doctor**
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