

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.

READY TO TAKE THE CHALLENGE? READ ON!

DESAFIANDO
LA DIABETES LOGRA TUS METAS

JOIN
DESAFIANDO
LA DIABETES

TAKE THE NEXT STEP

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](https://www.facebook.com/AmericasDiabetesChallenge).



KNOW YOUR ABCs

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

A

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.

B

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.

C

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 Medicine

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



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.

BLOOD GLUCOSE FACTS

IT'S IMPORTANT TO MANAGE BOTH HIGH AND LOW BLOOD GLUCOSE:

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 (<70mg/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.

HYPOGLYCEMIA CAN MAKE YOU FEEL:



Shaky



Dizzy



Sweaty



Faint



Hungry

HYPOGLYCEMIA CAN BE CAUSED BY:



Skipping Meals



Excessive Exercise



Certain Diabetes Medicines

If you check your blood glucose and it is below 70mg/dL, or if you have any symptoms of hypoglycemia, it's important to get a quick-acting source of sugar (e.g., glucose tablets, fruit juice, hard candies, regular soda, or non-fat or 1% milk). Make sure to tell your doctor if you experience any symptoms of hypoglycemia. You may need to discuss changes to your meal plan, physical activity or diabetes

DIABETES IS A PROGRESSIVE DISEASE

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.

CONSEQUENCES OF HYPOGLYCEMIA

If left untreated, hypoglycemia may lead to a seizure or loss of consciousness. Make sure your doctor explains the signs and symptoms of hypoglycemia to you, and let him or her know if you are experiencing any of those symptoms.

If you frequently experience episodes of hypoglycemia you may develop a condition called hypoglycemia unawareness. This means you could still be experiencing hypoglycemia, but would not feel any of the symptoms. If you think you have hypoglycemia unawareness, speak with your doctor.

TAKE THE CHALLENGE AND SET A GOAL

Visit DesafiandoLaDiabetes.com to help you take control of your blood glucose.



Talk to Your Doctor to **Know Your A1C**



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



Stick to the Plan, Check in with Your Doctor