

I Want to Know!

Should I get my cholesterol checked each year?

Because people with diabetes are twice as likely to have heart disease, it's important to keep track of your risk factors for heart disease. You can do this by seeing your health care provider regularly and by keeping your A1c and blood glucose levels within your target range. You also need to get your blood pressure checked at each visit and have your fat (lipid) levels, which include LDL, HDL, and Triglycerides, checked at least once a year.



The lipid goals for individuals with diabetes are:

- LDL—less than 100, or less than 70 if you have heart disease.
- HDL—higher than 40 for men, higher than 50 for women.
- Triglycerides—less than 150.

Ask about your numbers and write them down. Talk with your health care team to see what you can do to make them better if they are not in your target range.

August Diabetes Support Group Meetings

Aug. 3, 2010—Littleton Senior Center: 11am-12pm

Aug. 11, 2010—J.W. Faison Center: 9am-11am

Aug. 11, 2010—Jordan Seaboard Center: 3pm-5pm

Aug. 17, 2010—Halifax Health Link: 10am-11am

Aug. 19, 2010—RHG at Scotland Neck: 12pm-1pm

Aug. 26, 2010—Medical Clinic of Enfield: 12pm-1pm

All meetings are free and the public is always invited. You do not have to be a patient at Rural Health Group to attend!

**Questions or concerns
on what you've seen in
here??**

**Call Marie Jones at
252-589-1036.**

