

ARE YOU READY TO SET A GOAL?

Nearly 30 million Americans have diabetes – most have type 2 diabetes. About one-third of adults with diabetes are not at their A1C goal, which over time can lead to serious health problems.

That's why Merck and the American Diabetes Association have teamed up on **America's Diabetes Challenge: Get to Your Goals** to help people with type 2 diabetes work with their doctor to get to their A1C goal. If you have diabetes, take the challenge. Pledge to work with your doctor to set and reach your own A1C goal. Also be sure to learn if you are at risk of low blood glucose and how to help reduce that risk.

READY TO TAKE THE
CHALLENGE? READ
ON!



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AMERICA'S DIABETES CHALLENGE

GET TO YOUR GOALS

JOIN AMERICA'S DIABETES CHALLENGE

"I've seen first-hand how type 2 diabetes impacts Americans from all walks of life. It's affected my family, friends and fans.

I'm a strong believer in making healthy choices, so I'm encouraging all Americans to join me and challenge their family and friends to work with their doctor to get to their A1C goal. Together, we can make a difference."

- TIM MCGRAW



TAKE THE PLEDGE
TO KNOW YOUR A1C



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.



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 many serious health problems, including heart disease, blindness, kidney failure, lower limb amputation and stroke. The good news is that by keeping your blood glucose under control, you can help reduce the risk of complications. 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. 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

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., 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 medicine.

HYPOGLYCEMIA CAN BE CAUSED BY:



Skipping Meals



Excessive Exercise



Certain Diabetes Medicines

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 AmericasDiabetesChallenge.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