Patient Diabetes Care

Empowerment and Self-management

Ten Self-Care Behaviors to Control ABCS & Prevent CVD

selfcareabcs.com

Self-Care Behaviors







Self-Care Behaviors

- Healthy Eating
- Being Active
- Monitoring
- Taking Medications
- Healthy Coping
- Problem Solving
- Reducing Risks
- Manage Stress
- Sleeping Well
- No Smoking

A A1C < 6.5% or 7%

Epigenome

Blood pressure < 130/80

Cholesterol

LDLc < 70-100 • Non-HDLc < 100-130

S Smoking—No Smoking

Diabetes Education

Self-management 🗲



Genome

Cardiovascular Disease (CVD)

**Endothelial Damage = CVD

Macrovascular Disease

- Heart Attack
- Stroke
- Peripheral Vascular Disease

Microvascular Disease

- Eye Disease
- Kidney Disease
- Nerve Disease