



HEALTH MATTERS

Know Your ABCs

(NAPSA)—When it comes to diabetes and heart disease, it's important to remember your ABCs:

A is for A1C—This blood test shows the average blood sugar level for the past two or three months. An A1C test can help monitor how well your treatment plan is working.

B is for blood pressure—Blood pressure measures the force of blood flow inside the vessels. When your blood pressure is high, your heart has to work harder.



Keeping diabetes under control may help prevent other health problems, such as heart disease.

C is for cholesterol—Your cholesterol numbers tell you the amount of fat in your blood. HDL cholesterol helps to protect your heart. LDL cholesterol can clog your blood vessels and lead to heart disease.

Interim HealthCare, a leading provider in the home health care industry, offers care to a number of patients with diabetes and heart disease. To learn more, visit the Learning Center at www.interimhealthcare.com. The site also provides details about home health care. To locate an office in your area, call 1-800-944-8888.