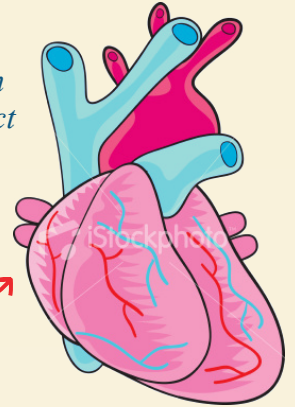




# Diabetes Education

**HEART DISEASE** is the leading cause of hospitalization and death in people with diabetes. High blood sugars seen in diabetes damage the blood vessels in the body that affect the eyes, nerves, kidneys and the heart. People who have diabetes are much more likely to have coronary artery (heart) disease, a heart attack, or stroke.



You can **DECREASE** your **RISK** of heart disease.

## Know The Warning Signs of A Heart Attack:

- Chest pain or discomfort
- Pain or discomfort in your arms, back, jaw, neck, or stomach
- Shortness of breath
- Sweating or light-headedness
- Indigestion or nausea
- Tiredness

**CALL 911** right away if any of these occur.

## Simple Steps to Prevent Heart Disease:

- Keep your ABCs of diabetes on target
  - A = hemoglobin A1c
  - B = blood pressure
  - C = cholesterol
- Be **MORE** physically active
- Make healthy food choices
- Lose weight if recommended by your doctor
- Take medications prescribed by your doctor
- If you smoke, quit

## Heart Disease and Diabetes

### Heart Disease and Diabetes:

The good news is that it is preventable or you can **DECREASE** your risk by doing some very simple things. Lifestyle changes, making healthy food choices and being more physically active, and taking prescribed medications can help.

### What Do These Heart Definitions Mean?

**Coronary artery disease** is caused when the blood vessels that go to your heart become narrow or are blocked (*usually by fatty deposits*). Your blood carries oxygen and other nutrients to your heart. The narrowing or blockage prevents your heart from receiving the oxygen and nutrients it needs.

**Heart attack** happens when the blood vessels that go to your heart become partly or totally blocked by fatty deposits. The blood supply to the heart is reduced or cut off. Oxygen and other nutrients aren't carried to the heart and the heart muscle dies.

**Stroke** (*also called a "brain attack"*) affects the blood supply to part of your brain. The blood supply to the brain is stopped by a blocked blood vessel. This causes damage to brain tissue. The results are paralysis or problems with thinking or speaking.

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## How Do I Reach My ABC Targets?

The good news is that making small and simple changes in lifestyle, you can reach your ABC targets. And can prevent or **DECREASE** your risk of developing heart disease.

### Know Your ABC's of Diabetes:

(Reach Your GOALS)

**A** ✓ EVERY 3-6 MONTHS

- **A1c:** Below 7%

**B** ✓ EVERY VISIT

- **Blood Pressure:** Below 130/80mmHg

**C** ✓ ONCE A YEAR

- **Cholesterol:**  
LDL: Below 100mg/dL  
HDL: Above 40mg/dL for Men & Above 50mg/dL for Women

### ⊙ Blood Glucose Targets:

- Fasting, 90-130mg/dL
- 2 Hours after eating, Less Than 180mg/dL

# Heart Disease and Diabetes

## ABCs of Diabetes:

**A** = Hemoglobin A1c (*A-1-C*) is a blood test that tells you your average blood glucose for the past 3 months. The American Diabetes Association (*ADA*) recommends a goal hemoglobin A1c of below 7%.

**B** = Your blood pressure numbers tell you the force of blood inside your blood vessels. When your blood pressure is high, your heart has to work harder than it should. The ADA recommends that you keep your blood pressure below 130/80 (*said as "130 over 80"*) mmHg.

- The top number is the amount of force as your heart beats and pushes blood through the blood vessels. This is also called the "systolic" pressure.
- The bottom number is the amount of force when the vessels relax between heartbeats. This is also called the "diastolic" pressure.

**C** = The cholesterol (*also called blood lipids*) value tells you the amount of fat in your blood. Our bodies normally make small amounts of the different types of cholesterol. The problem happens when the levels of the cholesterol that causes problems rise.

## Types of Blood Lipids:

- **LDL Cholesterol** is sometimes called **BAD** cholesterol because at high levels it can narrow or block your blood vessels. Reaching your target LDL is the best way to protect your heart and blood vessels. The ADA recommends a level below 100 mg/dL.
- **HDL Cholesterol** is known as the **GOOD** cholesterol because of its role in removing fatty deposits from the insides of your blood vessels. This keeps them from getting blocked. The higher this number the more it protects you from heart disease. The current HDL goals are above 40 mg/dL for men and above 50 mg/dL for women.
- **Triglycerides** are another kind of lipid. High triglyceride levels increase your risk of a heart attack or stroke. The ADA recommends a target level of below 150 mg/dL.



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# Diabetes Education

## Heart Disease and Diabetes

### Get Physical:

Before starting a NEW physical activity program, check with your diabetes care team to find out which activities are safe for you.

### Here are Some Ideas:

- Come up with activities that are *FUN* for you.
- Think of ways to add physical activity into your daily routine.
- If you're just starting out, begin with 5 minutes a day and slowly add more time as you get use to the activity.
- Work up to doing a total of about 30 minutes of aerobic exercise, such as brisk walking, 5 days a week.

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### Choose and Prepare Healthy Foods:

Making small changes in our eating habits can go a long way towards reaching your health goals. Although many suggestions are listed below, start with the ones that are easiest for you. As these good habits become part of your daily routine, add new ones.

### Talk with YOUR Diabetes Care Team for More Ideas:

- ✓ **Cook using low-fat methods**
  - Baking, roasting, boiling, sautéing or grilling foods using nonstick pans and cooking sprays
  - Cook with fats that can help lower your cholesterol, such as olive oil or canola oil
  - Add margarines that contain plant stanols or sterols to foods everyday (*these have been effective in lowering LDL cholesterol*)
- ✓ **Eat less animal or saturated fat and cholesterol**
  - Limit fatty meats and pork, poultry skin, egg yolks
  - Decrease butter, 2% or whole milk, ice cream, cheese
  - Avoid palm or coconut oils, products that have trans fats, hydrogenated oils, lard, and shortening
  - Choose more lean meats and meat substitutes such as soy
  - Select low-fat or fat-free dairy products
- ✓ **Have a meal with fish two or three times a week.**  
(*Certain fish contain heart healthy fats.*)
  - Albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon
- ✓ **Select foods that contain heart healthy plant fats**
  - Almonds, walnuts, peanuts, pistachios, cashews
  - Sunflower or pumpkin seeds
- ✓ **Select whole grains and beans that are high in fiber**
  - Aim for 5 servings of fruits and vegetables each day
  - Oatmeal, oat bran, rye
  - Dried beans and peas like kidney beans
- ✓ **Choose foods with less salt and try different spices instead**



# Heart Disease and Diabetes

## Lose Weight or Take Steps to Prevent Weight Gain:

- Studies have shown that even a SMALL amount of weight loss will lower one's risk of developing heart disease and reducing complications from diabetes
- *For example*, if you are 200 pounds, if you lose just 7% (200 X .07) or 14 pounds you DECREASE your risk of diabetes complications by half!

## Stop Smoking Today!

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## Take Prescribed Medications:

Your doctor will prescribe certain medications to help you reach your **ABC Target Goals**. If you have had a heart attack it will lower your risk of another one. The combination of medications vary for each person.

The medications that are available help **LOWER** your blood sugar, keep your blood pressure on target and decrease cholesterol. If you are at risk for having a heart attack, your health care provider may prescribe aspirin to help **LOWER** your risk.

*ASK your provider whether taking a low-dose aspirin every day would be wise.*



## Quit Smoking:

As mentioned before elevated blood sugars **DAMAGE** the blood vessels in the body. Smoking only adds to the damage to these blood vessels especially those in the lungs and to the heart. If you're ready to quit, talk with your health care team. They can make recommendations on was to help you quit. Joining a support group or smoking-cessation program can also help.



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