

Name:

Whom to Call:

CV1044A

Diabetes and Heart Disease

When you have diabetes, you need to take control of your health. This is especially true if you also have heart disease or if you've had a heart attack. But by making a few simple changes in your life, you can greatly reduce your risks for future heart problems.

Diabetes Increases Your Risk

When your blood sugar level is too high, the opening of your arteries may become narrowed with plaque (a fatty material). This limits blood flow to your heart and other parts of your body, such as your kidneys, legs, and eyes.

Changes You Can Make

Following a few simple steps can control blood sugar and reduce other risks for further heart problems. Work with your health care team to reach your goals.

- **Testing your blood sugar** is the only way to know whether it is under control. Be sure to test your blood sugar as directed.
- **Medications** may be prescribed to help control your blood sugar, blood pressure, cholesterol, or to reduce other heart disease risks. Always take your medications as directed.
- **Eating right** helps you control your blood sugar, reduce your blood fat levels, lose weight, and lower your blood pressure. Limit the amount of carbohydrates you eat at one time. Eat foods low in fat and cholesterol. Cut down on salt if you have high blood pressure. Eat more fiber. This includes vegetables and whole grains.
- **Being active** can help reduce your weight, strengthen your heart, and lower your blood fat levels. Begin slowly. Talk to your health care team about increasing your activity safely over time.
- **Reducing stress** can help make your blood sugar and blood pressure go down. Talk with your health care team about ways you can manage your stress.



Your health care team will develop a treatment plan that works best for you.



Take your medications as directed each day, even if you feel fine.

Notes