

Don't Let Your Heart Be Hardened!

People with diabetes are at high risk for heart disease. Unfortunately, many people are unaware of their risk. Heart disease is one of the most serious complications that can occur with diabetes. This accounts for the majority of diabetes-related deaths. Most heart and blood vessel problems occur when blood sugars are high over a period of time combined with the following risk factors:

- ♥ High Blood Pressure
- ♥ Lipid Disorders
 - High LDL (*bad cholesterol*)
Goal: less than 100 mg/dl
 - High Triglycerides
Goal: less than 150 mg/dl
 - Low HDH (*good cholesterol*)
Goal: more than 50mg/dl in women
more than 40mg/dl in men
- ♥ Smoking
- ♥ Obesity
- ♥ Lack of Physical Activity

Lifestyle changes such as maintaining a healthy body weight, becoming more active, and improving your diet are the first steps to a healthy heart. Along with keeping blood sugars under tight control, it may be necessary to use medications to treat blood pressure and lipids also. Close follow-up with your health care provider is recommended.

Sources:

The American Diabetes Association

The American Heart Association