

Diabetes and Heart Disease

During this important month of February, as we celebrate heart health, it is important to realize how prevalent heart disease is. Heart disease is the leading cause of diabetes-related death. People with diabetes are **two to four** times more likely to develop heart disease and/or have a stroke. This is because diabetics are more likely to be overweight, inactive, have high blood pressure, and high blood cholesterol. This can be prevented by doing the following:

- ♥ **Keep your diabetes in good control.**
- ♥ **Keep your blood pressure low.**
- ♥ **Eat a low fat diet and exercise at least 3 times a week for 20-30 minutes at a time.**
- ♥ **Keep your blood cholesterol and triglyceride levels low.**
- ♥ **Do not smoke. If you do, then quit.**
- ♥ **Keep your body at a healthy weight.**
- ♥ **Be sure to see your health care provider every 3 months for your regular diabetes check-up!**

If you are a diabetic, you have to remember that you need to be even more careful and diligent about staying healthy. See your health care provider for more information.

References: www.s2mw.com/heartofdiabetes/cardio.html, www.heartcenteronline.com/myheartdr/common/artprn_rev