

TAKING CARE OF YOUR HEART



When you have diabetes, your risk of having heart disease goes up. Early treatment of risk factors may help prevent or slow progress.

Guidelines for a Healthy Heart: Control Your ABCs

- **A1C and Aspirin**
 - Check A1C twice a year
 - Ask your doctor if **aspirin therapy** is right for you
- **Blood Pressure** should be measured at every routine visit.
- **Cholesterol:** Aim for normal lipid levels (blood fats).

Risk Factors for Heart Disease

Blood sugar higher than normal.
High blood pressure (goal <130/80).
High blood fat levels.
Being inactive.
Being overweight.
Smoking or use of any tobacco products.
Abnormal blood clotting (blood is stickier).

Target Blood Fat Levels	Goal
Total cholesterol	< 200 mg/dl
LDL cholesterol	< 100 mg/dl (<70 if has heart disease)
HDL cholesterol	> 40 mg/dl (men) > 50 mg/dl (women)
Triglycerides	< 150 mg/dl

What are the warning signs of heart disease?

1. Early symptoms may include leg cramps that go away with rest, dizzy spells, or chest pain with activity or stress.
2. Chest discomfort that lasts for more than a few minutes, or that goes away and comes back.
3. Discomfort in one or both arms, jaw, your back, neck or stomach.
4. Shortness of breath.
5. May develop a cold sweat, nausea or become dizzy.
6. Persons with diabetes are more likely to have mild or no symptoms.

Tips for a Healthier Heart

1. Control your blood sugar, blood pressure and blood fats.
2. If you are taking medication, **do not** stop taking it without your doctor's permission.
3. Decrease stress by working on stress management techniques.
4. Ask your doctor about the benefit of taking one aspirin a day.
5. See a dietitian for individualized meal planning to help you with weight loss and controlling your blood fats and diabetes.
6. Decrease salt and fat in your diet. Look at food labels.
7. Check with your doctor about increasing the amount of activity you get.
8. If you smoke or use tobacco, STOP!

Meal Planning Tips

- Limit saturated fats (butter, bacon, sour cream, shortening) and trans-fats (certain margarines, high fat snack foods)
- Use monounsaturated fats (canola or olive oil)
- Use skim or low fat milk, yogurt or cheese.
- No more than 3 egg yolks per week.
- Limit sauces, butter and cream added to food.
- Eat more fiber (whole grain breads and cereals, fruits and vegetables, dried beans and peas).
- Use lean meats and skinless chicken.
- Read labels to help reduce fat and sodium.

U.P. Diabetes Outreach Network
*Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985*
(906) 228-9203
www.diabetesinmichigan.org

