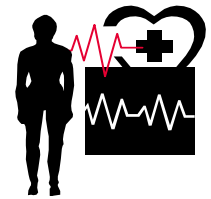




Women, Diabetes And Your Heart

Amazing Facts



Generally, heart disease is not a great concern for women until after menopause. **HOWEVER**, if you have diabetes, heart disease:

Often occurs at a younger age.

Affects women just as often as it affects men.

Usually is more serious in women (more women die or are disabled than men).

Diabetes strikes more women than men. An estimated 60% of new cases of diabetes are in women.

You Can Prevent Heart Disease If You Have Diabetes

- ♥ Control your blood sugar. For most women that means 90 -130 mg/dl before meals and 140 -180 mg/dl after meals.
- ♥ Don't smoke. Half of the heart disease in women under 50 is due to smoking!
- ♥ Stay active.
- ♥ Keep your blood pressure under 130/80.
- ♥ Make sure your blood fat (cholesterol and triglyceride) levels are normal.. Keep LDL cholesterol under 70 mg/dl and triglycerides under 150 mg/dl.
- ♥ Keep your HDL (good cholesterol) more than 50 mg/dl.
- ♥ Control your weight. Losing as little as 7-10 pounds can be very helpful.

To Keep Your Heart Healthy:

- ▶ **Monitor your blood sugar at home.**



- ▶ **Stop smoking if you are a smoker.**

Set a quit date and don't stop quitting until you have quit for good.

Ask for help if you need it.

- ▶ **Put more activity in your daily life.**

Take the stairs more often.

Get off the couch!

Walk or bicycle rather than drive.



- ▶ **Get your blood pressure checked at least 4 times per year. Keep blood pressure under control.**

If overweight, lose weight.

Choose fewer salty foods.



- ▶ **Have your cholesterol level checked. For healthy levels:**

Choose small portions and lean cuts of meat and poultry.

Eat dried beans, peas, or lentils often.

Choose oatmeal and oat bran frequently.

Use oil and soft margarine instead of butter and stick margarine.

Incorporate more fish into your diet.



- ▶ **Write down what you eat and drink. This is the first step towards weight loss. Also:**

Eat smaller portions.

Eat 3-5 small meals a day.

Eat a wide variety of foods each day.

Eat less fat, sugar, and salt.

Eat more fruits and vegetables every day.



Michigan Diabetes Outreach Networks - Strengthening Diabetes Care in Michigan

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810 232-052	313 259-1574	800 795-7800	800 472-3175	800 847-3665	800 369-9522 (U.P. only)

www.diabetesinmichigan.org

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