

YOUR AMERICAN HEART

Life's Simple 7: **REDUCE BLOOD SUGAR!**

Heart disease is very common with individuals with diabetes. In fact, statistics from the AHA estimate that heart disease and stroke are responsible for two-thirds to three-fourths of the deaths among people with diabetes. One medical study found that people with diabetes who had no other health risk factors for heart disease were 5 times more likely to die of heart disease than those without.

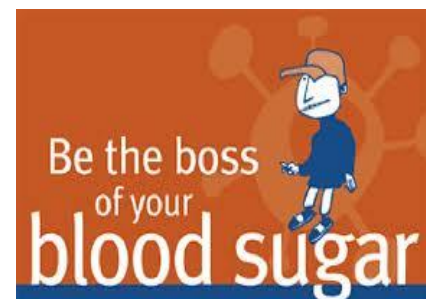
According to the American Diabetes Association, there are 57 million people in the U.S. with pre-diabetes, a condition where blood sugar levels run above normal on a fasting glucose test. Without intervention, these people will develop diabetes in as little as 10 years!

Pre-diabetes: 100 to 125 mg/dl (Fasting)

Diabetes: 126 mg/dl or higher (Fasting)

The good news is that lifestyle changes may help get your blood sugar back to normal or delay diabetes. Begin by:

- ♥ Making healthy food choices.
- ♥ Limiting how much fat you eat and try to eat foods high in fiber.
- ♥ Trying to eat the same amount of carbohydrates at each meal. This helps keep your sugar steady. Carbohydrates affect blood sugar more than other nutrients. Carbohydrates are found in sugar and sweets, grains, fruit, starchy vegetables, milk and yogurt.
- ♥ Watching your weight. Losing just a small amount of weight may help.
- ♥ Getting active. Aim for 30 minutes of exercise on most days.
- ♥ Getting good medical care.



The Medical Center of Plano