

# Heart & Diabetes

**\*Biggest Diabetes Risk-** Heart Attack or Stroke is more likely than losing a limb.

**-High Risk for-** High Blood Pressure and High Cholesterol.



**\*Survey-** by American College of Cardiology and American Diabetes Association found that 60% of people with Diabetes do not consider Cardiovascular Disease a High Risk Factor.



**\*Well Controlled Diabetes-** Type I were 42% less likely to have Cardiovascular Disease and 57% less likely to have a heart attack or stroke. (This was a 10 year study where the blood sugar was well controlled).

**\*Diabetes-** increases your risk for Heart Disease 6 times and Stroke 4 times. (Your risk for a Heart Attack is as high as a person who has already had a Heart Attack without Diabetes).



**\*Overweight-** may develop risk factors for Cardiovascular Disease before developing Type 2 Diabetes or Pre-Diabetes. If you are Overweight the problem is compounded.



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**\*Ultimate Goal-** is to better control your blood sugar with Diet, Exercise, and Medication.



**-Lose Weight-** if overweight, try 6 small meals per day, increase fresh fruits and vegetables, bake or broil chicken without the skin or fish, use more whole grains and low fat dairy products. Use a liquid oil or Benecol, I Can't Believe It's Not Butter, canola, olive or sunflower oil and trim all meats.



**-AVOID-** Butter, Solid Shortening, Lard, Bacon, Sausage, Cured Ham, Fried Foods, Luncheon Meats, Ribs, Casseroles, Deviled Eggs, skin on poultry, duck, goose, organ meats, prime and ground meats, frankfurters, cavier, roe, egg yolks, whole milk, sweet rolls, doughnuts, cheese sauces, cream sauces, rich foods, ice cream, cookies, chips, french fries, milkshakes, eggnog, and coconut.



**\*Exercise-** Daily for a minimum of 30 minutes per day for 5 days per week of moderate exercise or 90 minutes 3 times per week of vigorous exercise.

**\*Magazine-** Diabetic Living, Summer 2006

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