

Reduce Blood Sugar Diabetes and Heart Disease



The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease

- Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes
 - Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke
 - Most people with diabetes die of some form of heart or blood vessel disease
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Week 9

Blood Sugar Levels and the Diagnosis of Diabetes

<u>Diagnosis</u>	<u>Fasting Test</u>	<u>Casual Test</u>
Normal	99 or lower	140 or lower
Pre-Diabetes	100-125	140-199
Diabetes	126 or higher	200 or higher

Testing for Diabetes should be done at least every 3 years after the age of 45

Why is Reducing Blood Sugar So Important?

- Pre-diabetes and type 2 diabetes usually results from insulin resistance. When insulin resistance or diabetes occur with other CVD risk factors the risk of heart disease and stroke rises even more
 - Controlling glucose can slow the progression of long-term complications
 - Many small changes can add up to big results
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Week 9

Tips for Preventing Diabetes

- Eat a healthy diet rich in fresh fruits and vegetables
 - Minimize simple carbohydrates (table sugar, candy, jam, chocolate, honey, candy)
 - Enjoy a regular exercise program
 - Maintain a healthy weight
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