**DIABETES AND HER HEART**

**BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA**

**WHAT IS DIABETES?**
- **Pre-Diabetes:** Blood sugar is higher than normal.
- **Type 1 Diabetes:** Body does not make enough insulin.
- **Type 2 Diabetes:** Body cannot use insulin properly.
- **Gestational Diabetes:** During pregnancy, not enough insulin is being produced.

**KNOW YOUR NUMBERS**

<table>
<thead>
<tr>
<th></th>
<th>Fasting Blood Glucose Level (short-term blood sugar control)</th>
<th>HbA1c Results (long-term blood sugar control)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Non-Diabetics/Pre-Diabetics</strong></td>
<td>Less than 5.6mmol/L</td>
<td>Less than 6.0%</td>
</tr>
<tr>
<td><strong>Pre-Diabetics</strong></td>
<td>6.1-6.9mmol/L</td>
<td>6.0-6.4%</td>
</tr>
<tr>
<td><strong>Diabetics</strong></td>
<td>4.0-7.0mmol/L</td>
<td>Less than 7.0%</td>
</tr>
</tbody>
</table>

**RISK FACTORS**
- Age 45+
- Family History
- History of Gestational Diabetes
- High Cholesterol
- High Blood Pressure
- Being Overweight

**HOW DOES DIABETES AFFECT MY HEART?**

- **High Blood Glucose**
- **Fatty Deposit Build-Up**
- **Blood Vessel Walls Narrowed**
- **Reduced Blood Flow**
- **Heart Disease**

- Which are all associated with high blood pressure, obesity, and higher cholesterol.

**WHAT CAN I DO?**

**PREVENT**
- **Eat heart healthy.** Eat more fruits, vegetables and whole grains. Aim for 7 servings a day.
- **Achieve and maintain a healthy weight.** Aim for a waist circumference below 88 cm.
- **Move more, sit less.** Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.

**MANAGE**
- **Take your medication as prescribed.**

**MONITOR**
- A glucose monitor will help you test your glucose levels. Ask your healthcare provider how to use it.

Download the top 5 questions to ask your healthcare provider at yourheart.ca