

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.

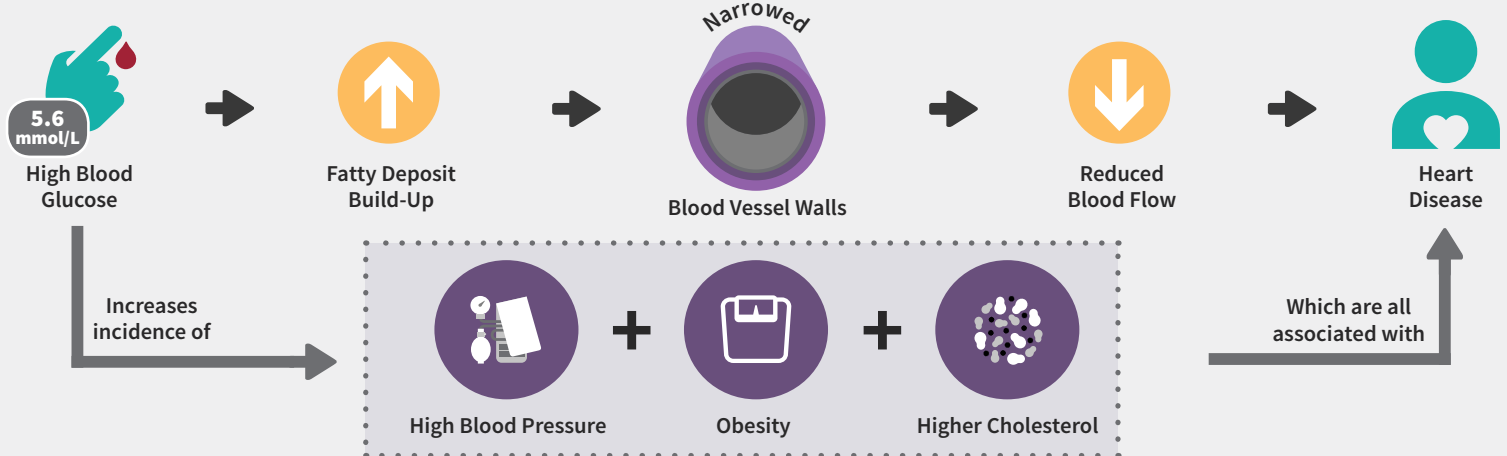
KNOW YOUR NUMBERS

	Fasting Blood Glucose Level (short-term blood sugar control)	HbA1c Results (long-term blood sugar control)
Non-Diabetics/ Pre-Diabetics	Less than 5.6mmol/L	Less than 6.0%
Pre-Diabetics	6.1-6.9mmol/L	6.0-6.4%
Diabetics	4.0-7.0mmol/L	Less than 7.0%

RISK FACTORS




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


HOW DOES DIABETES AFFECT MY HEART?




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 your **cholesterol.**

130
80 Aim for a **blood pressure** of 130/80 or below.


 Have your healthcare provider regularly test your **blood sugar.**

 If you smoke, find support to **quit.**

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