

DIABETES AND HEART DISEASE

People with diabetes are more likely to get heart disease. Here are a few things you can do to lower the risk:

- **Keep your blood sugar level under control**
 - Check blood sugar levels
 - Take your diabetes medicines as directed
- **Maintain a healthy weight**
 - Follow your diabetes-eating plan
- **Lower your cholesterol level**
 - Limit the amount of foods you eat that are high in saturated fat and high in cholesterol
- **Be physically active**
 - Pick an activity you like and one that fits into your life.
 - Start by doing what you can, and then look for ways to do more.
- **Control your blood pressure**
 - Take your blood pressure medicines as directed
 - Check your blood pressure at home
- **Stop smoking**
 - Talk with your health care team if you need help to stop smoking



Remember – having diabetes, being overweight, having high blood pressure and getting heart disease are all connected.

Diet and exercise are good ways to keep your blood sugar and blood pressure under control. If diet and exercise are not enough, medicines can help.