

# Maintain Heart Health

*Did you know...Diabetes increases your chances of having coronary heart disease, heart attack, and stroke? Statistics show that heart disease and stroke account for approximately 65% of deaths in people with diabetes. In order to protect yourself, you should maintain a healthy heart and healthy blood vessels. You can do this by making just a few lifestyle changes.*

Healthy nutrition and physical activity are important components in the prevention and/or management of diabetes and heart disease. Here are some quick tips to follow:



- **Choose lean meats and low fat dairy products.** This will help control the amount of saturated fat in your diet and help lower or maintain cholesterol levels within normal limits.
- **Limit trans fats** as they may raise cholesterol and LDL (bad) levels. Foods high in trans fats include pastries, cookies, doughnuts, hard margarines and shortening. When reading the ingredient list of foods, watch out for “hydrogenated oils” as they are an indicator of trans fat.
- **Increase your intake of healthy fats**, which may help lower total cholesterol and triglycerides and increase HDL (good) levels. These include monounsaturated fats (olive oil, avocado, almonds, pecans, peanut oil, sesame seeds), polyunsaturated fats (corn oil, safflower oil, sunflower oil, walnuts, pumpkin seeds), and omega-3 fatty acids (salmon, albacore tuna, mackerel, flaxseed, canola oil, tofu).
- **Consume fish high in omega-3 fatty acids 2-3 times per week.** Consider baking, broiling, or grilling. Avoid fried fish.
- **Increase your intake of dietary fiber.** It is recommended that adults consume 20-35 grams of fiber per day, as this may help to lower cholesterol. Foods high in fiber include whole grain breads and cereals, fruits, and vegetables. Remember to drink plenty of water.
- **Limit the sodium in your diet.** Reduce your intake to no more than 2,300 mg per day. Try using natural herbs and spices to season your favorite foods and avoid the saltshaker.



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# More quick tips to help maintain a healthy heart

- Limit alcohol consumption. The recommendation is no more than 1 drink per day for women and no more than 2 per day for men. Discuss the use of alcohol with your healthcare team to determine whether it is safe for you.

- Engage in physical activity most days of the week. Aim for a total of 150 minutes of moderate intensity activity (increase in heart rate) each week. Make sure you obtain clearance from your healthcare team prior to starting physical activity.



- Maintain a healthy weight. Your healthcare team can help you determine what healthy, realistic weight is for you.



- If you smoke, quit. Smoking increases your risk for heart attack, stroke, and certain types of cancers. It also increases cholesterol levels and blood pressure. Please call the smoking cessation hotline for help: 305-263-2867

## THE STAGES OF QUITTING:



## Know your Numbers

HbA1c	Less than 7%
Blood Pressure	Less than 130/80
Total Cholesterol	Less than 200 mg/dl
HDL (Good)	Greater than 40 mg/dl in men Greater than 50 mg/dl in women
LDL (Bad) Triglycerides (Ugly)	Less than 100 mg/dl Less than 150 mg/dl

HbA1c is a blood test that tells you and your healthcare team your average blood sugars over the previous two to three months. This result does not tell you about the daily fluctuations in your blood sugar so be sure to keep monitoring your blood sugar daily.

Blood pressure is a measure of the pressure of the blood against the walls of the arteries. The top number (systolic) measures the pressure when the heart contracts. The bottom number (diastolic) measures the pressure when the heart is at rest (between beats).

Cholesterol is a fatty substance that our bodies make to create certain hormones. Cholesterol is also obtained through the foods we eat. Too much cholesterol leads to a buildup on the walls of the arteries, causing possible blockages, which can lead to a heart attack or stroke.