

Diabetes and the risk of heart disease or stroke

If you have diabetes, you're more likely to be at risk for or have:

- Heart disease
- Heart attack
- Stroke

But you can do things to help lower your risk for these conditions!

Good choices can help control blood sugar, blood pressure, and cholesterol

- Eat less fatty foods
- Use less salt
- Eat five servings of fruits and vegetables a day
- Cook the low-fat or no-fat way
- Be physically active
- Get to and stay at a healthy weight
- Quit smoking

To help lower your risk for heart disease and stroke:

- Take medicines regularly, as directed by your healthcare provider
- Ask your provider if taking aspirin, such as low-dose aspirin, is right for you
- Ask your provider about how other changes in the way you live can help lower your risk

Meet your goals!

The American Diabetes Association suggests that people with diabetes have the following goals. Work with your provider to see if these goals are right for you or to set your own goals.

A1C test goal: Below 7%

Test at least twice a year, or every 3 months if you are not meeting your goal

My goal: _____ %

Blood pressure goal: Below 130/80 mm Hg

Check at every regular diabetes visit

My goal: _____ mm Hg

LDL cholesterol goal: Below 100 mg/dL

Check at least once a year, or more often if your provider tells you to

My goal: _____ mg/dL

