

## Diabetes and heart diseases:

Diabetes and heart disease often go hand in hand, the longer you have diabetes, the more likely you are to have heart disease.

Over time, high blood sugar can damage blood vessels and the nerves that control your heart. People with diabetes are also more likely to have other conditions that raise the risk for heart disease.

## Risk Factors:

- **High blood pressure** increases the force of blood through your arteries and can damage artery walls. Having both high blood pressure and diabetes can greatly increase your risk for heart disease.
- **Too much LDL ("bad") cholesterol** in your bloodstream can form plaque on damaged artery walls.
- **High triglycerides** (a type of fat in your blood) and low HDL ("good") cholesterol or high LDL cholesterol is thought to contribute to hardening of the arteries.
- Smoking

## Prevention:

These lifestyle changes can help lower your risk for heart disease or keep it from getting worse, as well as help you manage diabetes:

- **Follow a healthy diet.** Eat more fresh fruits and vegetables, lean protein, and whole grains.
- **Aim for a healthy weight.** If you're overweight, losing even a modest amount of weight can lower your triglycerides and blood sugar. Modest weight loss means 5% to 7% of body weight, just 10 to 14 pounds for a 200-pound person.
- **Get active.** Being physically active makes your body more sensitive to insulin (the hormone that allows cells in your body to use blood sugar for energy), which helps manage your diabetes. Physical activity also helps control blood sugar levels and lowers your risk of heart disease. Try to get at least 150 minutes per week of moderate-intensity physical activity, such as brisk walking.

Your blood pressure, cholesterol levels, and weight will help your doctor understand your overall risk for heart disease.





## **Diabetes and heart failure:**

People with diabetes are also more likely to have heart failure. Heart failure is a serious condition, but it doesn't mean the heart has stopped beating; it means your heart can't pump blood well. This can lead to swelling in your legs and fluid building up in your lungs, making it hard to breathe. Heart failure tends to get worse over time, but early diagnosis and treatment can help relieve symptoms and stop or delay the condition getting worse.

## **Treatment:**

**Medications:** Your doctor can prescribe medications to treat or control heart disease and prevent complications.

