

Chapter 3

How Do I Prevent Complications – Part 1

Answer these questions while you watch the Video:

Blood Pressure

1. What is the medical term for high blood pressure?
☐ hyperglycemia ☐ hypertension
2. What should your blood pressure goal be if you have diabetes?
☐ less than 130/80 ☐ less than 120/80 ☐ less than 140/90
3. Which of the following will *not* help lower your blood pressure?
☐ losing weight ☐ increase salt
☐ DASH diet ☐ limit alcohol
☐ exercise ☐ stop smoking
4. What are two blood pressure medications that have unique benefits for people with diabetes?
☐ ACE inhibitors and ARBs
☐ Lipitor and aspirin
☐ aspirin and ibuprofen

High Cholesterol

1. According to the American Diabetes Association, what is the minimum amount of time(s) you should have a lipid-cholesterol panel done?
☐ once a year ☐ once every 3 months ☐ once every 6 months
2. What are the three components of a lipid-cholesterol panel?
☐ HDL, LDL and respiration
☐ HDL, LDL and triglycerides
☐ HDL, LDL and A1C
3. HDL is the good cholesterol and you want your HDL test result to be high.

☐ true ☐ false

4. LDL is the bad cholesterol and you want your LDL test result to be low.

☐ true ☐ false

5. If your LDL is too high what medication will decrease your LDL?

☐ statin ☐ niacin

6. If your HDL is low, which medication will increase your HDL?

☐ statin ☐ niacin

Low Blood Glucose

1. What is the medical term for low blood glucose?

☐ hypoglycemia ☐ hyperglycemia ☐ hypertension

2. Which organ in the body cannot function without a constant supply of glucose?

☐ liver ☐ brain ☐ pancreas

3. When your blood glucose goes lower than 70 mg/dl or the number your doctor told you is low for you, which of the following would be the best choice to raise your blood glucose quickly?

☐ omelet ☐ meat ☐ simple sugar

4. What are the signs and symptoms of low blood glucose?

☐ shakiness and nervousness
☐ sweating
☐ irritability/behavior changes
☐ rapid heart beat
☐ all of the above

5. What is an example of simple sugar?

☐ fruit ☐ regular non-diet soda ☐ yogurt

6. When treating a low blood glucose episode, how long should you wait after eating simple sugar to test if your glucose has changed?
- ☐ 15 minutes ☐ 30 minutes ☐ 60 minutes

Quick Summary – The Three Facts

1. **Blood Pressure:** Getting your blood pressure under control is probably the greatest protection you have to prevent stroke, as well as kidney, heart and eye damage.
2. **Heart Problems and Cholesterol:** There are several reasons why cholesterol build up may occur, such as diet, a genetic predisposition or a combination of both. Eating a well balanced diet to control your weight and overall health is an important consideration.
3. **Low Blood Glucose:** Testing with a blood glucose monitor (glucometer) daily and when you have symptoms of low blood glucose will help prevent extreme low glucose. Severe low blood glucose requires an emergency action plan. This is something you need to develop with your physician before there is an emergency!

Be prepared for low blood glucose by keeping a few snacks on hand that will provide you with simple sugars, such as Skittles, soda (like Coke), honey, sugar, glucose tablets or Lifesavers. This will help you quickly reverse low blood glucose.

Your Three Action Steps

1. Ask your physician if your blood pressure is at goal for someone with diabetes. If not, create an action plan with your physician using exercise and medication.
2. Ask your physician if your cholesterol is in control. If not, create an action plan with exercise and medication.
3. Know the signs and symptoms of low blood glucose and create a low blood glucose action plan for with your physician.

Hypertension Medications		
Class of Medication	Brand Name	Generic Name
Angiotensin-Converting Enzyme (ACE) Inhibitors	Lotensin	Benazepril
	Capoten	Captopril
	Vasotec	Enalapril
	Monopril	Fosinopril
	Prinivil, Zestril	Lisinopril
	Univasc	Moexipril
	Aceon	Perindopril
	Accupril	Quinapril
	Altace	Ramipril
	Mavik	Trandolapril
Angiotensin-Converting Enzyme(ACE) Inhibitors Combinations	Lotrel	Amlodipine/ benazepril
	Lotensin HCT	Benazepril/ HCTZ
	Capozide	Captopril/ HCTZ
	Lexxel	Enalapril/ felodipine
	Vaseretic	Enalapril/ HCTZ
	Monopril HCT	Fosinopril/ HCTZ
	Prinzide, Zestoretic	Lisinopril/ HCTZ
	Uniretic	Moexipril/ HCTZ
	Accuretic	Quinapril/ HCTZ
	Tarka	Trandolapril /verapamil
Angiotensin II Receptor Blockers (ARBs)	Atacand	Candesartan
	Teveten	Eprosartan
	Avapro	Irbesartan
	Cozaar	Losartan
	Benicar	Olmesartan
	Micardis	Telmisartan
	Diovan	Valsartan

Angiotensin II Receptor Blockers (ARBs) Combinations	Valturna	Aliskiren/ valsartan
	Exforge	Amlodipine/ valsartan
	Teveten HCT	Eprosartan
	Hyzaar	Losartan/ HCTZ
	AZOR	Olmesartan/ amlodipine
	Micardis HCT	Telmisartan/ HCTZ
	Twynsta	Telmisartan/ amlodipine
	Diovan HCT	Valsartan/ HCTZ

Medications for High Cholesterol		
Class	Brand Name	Generic Name
Statins	Livalo	pitavastatin
	Crestor	rosuvastatin
	Lipitor	atorvastatin
	Zocor	simvastatin
	Mevacor	lovastatin IR
	Altoprev	lovastatin ER
	Lescol, Lescol XL	fluvastatin
	Pravachol	pravastatin
Fibrates	Lopid	gemfibrozil
	TriCor	fenofibrates 45, 145 mg tab
	Lofibra	fenofibrates 54, 160 mg tabs 134, 200 mg micronized capsules
	Lipofen	50, 150 mg capsules
	Trilipix	45, 135 mg delayed-release capsules
Niacin	Niacor	niacin IR
	Niaspan	niacin ER
	Slo-Niacin,	niacin SR

Combination Products	Endur-Acin	
	Advicor	lovastatin/niacin ER
	Simcor	simvastatin/niacin ER
	Vytorin	simvastatin/ezetimibe