

# Take Care of Your Heart.

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# Manage Your Diabetes.



**If you have diabetes**, take care of your heart. Having diabetes means you are more likely to have a heart attack or a stroke—but it doesn't have to—if you take care of your diabetes.

Over time, high blood glucose (sugar) can hurt organs in your body such as your kidneys and your eyes. High blood pressure can make your heart work too hard. And bad cholesterol, or LDL, builds up and clogs your heart and blood vessels.

**Taking care of your blood glucose, blood pressure, and cholesterol means a longer and healthier life.**

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## ASK YOUR HEALTH CARE TEAM

- 1** What are my blood glucose, blood pressure, and cholesterol numbers?
- 2** What should they be?
- 3** What actions can I take to reach my goals?

Use the **Diabetes Record Form** to write down the answers to these questions.

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## TAKE ACTION NOW

You can live longer, improve your health, and lower your risk of heart disease or stroke.

Eat foods like fruits, vegetables, beans, and whole grains.

Eat foods made with less salt and fat.

Be active 30 minutes or more each day.

Stay at a healthy weight—by being active and eating the right amounts of healthy foods.

Stop smoking—ask for help or call 1-800-QUITNOW (1-800-784-8669).

Take medicines the way your doctor tells you.

Ask your doctor about taking aspirin.

Ask for help if you feel down or have trouble with stress.

Ask your family and friends to help you take care of your heart and your diabetes.



# DIABETES RECORD FORM

## Goal

Take care of your heart by taking care of your blood glucose, blood pressure, and cholesterol.

Use this form to keep track of your **blood glucose, blood pressure, and cholesterol**. Work with your health care team, friends, and family to reach your goals.



### BLOOD GLUCOSE

The A1C test—short for hemoglobin A-1-C—is a simple blood test of your average blood over the last three months.

**Goal for many people: Below 7 on the A1C test** My target is: \_\_\_\_\_

Note: People who often have low blood glucose or who have had a heart attack or are at high risk for a heart attack may need a higher A1C goal.

TEST AT LEAST TWICE A YEAR

Date / Result	/	/	/
Actions I can take			

### BLOOD PRESSURE

High blood pressure makes your heart work too hard.

**Goal for most people: Below 130/80** My target is: \_\_\_\_\_

CHECK AT EVERY VISIT

Date / Result	/	/	/
Actions I can take			

### CHOLESTEROL

Bad cholesterol, or LDL, builds up and clogs your heart.

**Goal for people: LDL Below 100** My target is: \_\_\_\_\_

TEST AT LEAST ONCE A YEAR

Date / Result	/	/	/
Actions I can take			



The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.  
[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)  
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