Living Healthier with Diabetes

- Maintain a healthy diet.
- Be active for 30 minutes everyday.
- Maintain a healthy weight.
- No smoking.
- Control your blood pressure (<140/90).
- If you're over 40, be on a statin.

Keep your vessels healthy to keep your organs happy!

Berlin Family Practice offers help right here for healthier eating, healthier living, and smoking cessation! Just ask!

Other Recommendations:
- Risk for Pneumonia is also increased, so get your pneumococcal vaccine!
- Protect your feet! Use moisturizer and check for cuts or ulcers regularly!
- Get your eyes checked every year!

Summary - Check 'em off as you go!

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U.S. DIABETES PATIENTS HAVE:

- At the heart of Diabetes
- The #1 killer of people with diabetes
- 2-3x the risk of coronary death
- 280,000 deaths annually
- Higher heart disease mortality and mortality rates than from heart disease
- 60% chance of dying

Living Healthier with Diabetes

Designed for:
Berlin Family Medicine
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**Diabetes affects your blood vessels!**

- Diabetes affects the blood vessels in all areas of the body, which directly harms your organs, including your heart, brain, kidneys, and eyes! See how this affects your health below.

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**Lifestyle Modifications**

Lifestyle modifications are changes that you can make in your everyday life that can have a huge impact on long-term health. Here are some very important things that you can do that will help you lower your glucose levels, lose weight, and lower blood pressure!

- **Diet**: Decrease salt, fat, and carbs (bread, pasta, etc.) Increase fruits and vegetables. It's much easier to cut calories out than burn them off!
- **Exercise**: Try walking for 30 minutes a day. You can break it up into two 15 minute walks!
- **Eliminate smoking**: Smoking doubles your risk of heart disease! It is important to set a quit date, check in with your physician regularly, have support, and ask about resources. Ask your doctor about nicotine replacement and medications to decrease cravings.

**Medications**

Unfortunately, with diabetes, sometimes lifestyle modifications are not enough. Luckily, there are medications that help and have extra benefits

- **ACE Inhibitors**: These are medications that treat blood pressure, but also protect your kidneys!

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**Recommendations have changed!**

- **Statin**: Classically used to lower cholesterol, now recommended by the AHA/ACC\(^1\) for anyone over 40 with diabetes REGARDLESS OF CHOLESTEROL LEVEL.
- **Having diabetes puts you in the same risk category as** those who have had a heart attack before. This means that you have a risk that is 20 times higher than the general population for death from coronary heart disease.
- **However, research has shown statins reduce that risk EVEN AMONG THOSE WITH LOWER CHOLESTEROL LEVELS!\(^2\)**
- **Statins have beneficial effects on blood vessels independent from their cholesterol-lowering ability.**
- **Safety/Side Effects**: Statins are generally safe and prescribed often. Most common side effect is muscle aches. The statin can be stopped or switched to a different statin, which often resolves the problem.

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1. American Heart Association/American College of Cardiology

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...because if you don’t, they can contribute to more damage to your blood vessels and future problems listed in the picture above.