

Have Diabetes?

You Can Lower Your Chances of Heart Disease and Stroke!

Having diabetes increases your chances of having heart disease and stroke. Heart disease and stroke are the top causes of death in people with diabetes.

When you have diabetes, you may also have other conditions that raise your chances of heart disease and stroke – these are called **risk factors**.



Risk Factors for Heart Disease and Stroke:

- Having diabetes
- Being overweight or obese
- Having high cholesterol
- Having high blood pressure
- Smoking (this doubles your risk of heart disease)
- Having a family history of heart disease and stroke

You Can Lower Your Risk!

Even though you have diabetes, there are things you can do to lower your risk for heart disease and stroke. You can start by keeping your diabetes under control. When you think about good diabetes control, just remember these **ABC's**:

A

A is for **A1c**, a blood test that shows your average blood sugar over the last 3 months. You want a score of 7% or lower, unless your doctor gives you a different number.



B

B is for **blood pressure**. You want a reading below 120/80, unless your doctor gives you a different number.



C

C is for **cholesterol**. You want to aim for these numbers:

- **LDL (bad cholesterol)** - under 100mg/dL
- **Triglycerides** - under 150mg/dL
- **HDL (good cholesterol)** - above 40mg/dL for men, above 50mg/dL for women
- **Total cholesterol** - under 200



S

S is for **smoking**. Smoking doubles your risk of getting heart disease. If you smoke or use any other tobacco products, please try to get help quitting.



Ways to Lower Your Risk for Heart Attack and Stroke:

- Keep your blood sugar in good control
- Keep a healthy weight
- Eat healthy foods
- Keep your blood pressure and cholesterol in the range your doctor has given you
- Stay active
- If you smoke, get help quitting (Passport by Molina Healthcare pays for smoking cessation products with a prescription from your doctor. To find out more, please call 1-800-578-0603 (TTY: 711).)
- Visit your doctor regularly

It's important for you to know the signs of a heart attack and stroke. If you have any of these signs, please call 911 right away.



Signs of a Heart Attack

- Chest pain or discomfort (women may not have this sign)
- Pain or discomfort in your arms, back, jaw, neck or stomach
- Shortness of breath
- Sweating
- Nausea
- Feeling light-headed



Signs of a Stroke

- Sudden severe headache
- Sudden trouble seeing out of one or both eyes or sudden double vision
- Sudden weakness or numbness of your face, arm, or leg on one side of your body
- Sudden dizziness, loss of balance, or trouble walking
- Sudden confusion, trouble talking, or trouble understanding what other people are saying



Source: American Heart Association, American Association of Diabetes Educators, and National Diabetes Education Program.

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