

Top 5 Things to Know About

# TYPE 2 DIABETES & HEART DISEASE

Both type 2 diabetes and cardiovascular diseases can progress over many years without symptoms. In most cases, heart disease and type 2 diabetes can be prevented by changing your lifestyle and taking preventative measures. Here are the top five things to keep you and your loved ones in the know!

1

## ACTIVE LIFESTYLE

Exercise is the only natural way to keep your hormones in balance. Studies show that 150 minutes per week or 30 minutes a day of moderate intensity activity—such as brisk walking—can reduce the risk of diabetes by 25-35 percent. Physical activity also lowers blood pressure and reduces the risk of hypertension and heart disease.



2

## HEALTHY EATING

Prioritize foods such as vegetables, fruits, fish, low-fat dairy, and whole grains products that are rich in fiber. Eat fresh as often as possible! Limit your intake of sugar-sweetened beverages, red and processed meats, and any processed foods. The USDA and AHA recommend that sodium intake should be limited to 1,500 mg/day in people with prehypertension and hypertension.



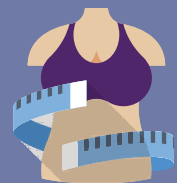
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## LOWER YOUR WAIST CIRCUMFERENCE

Having an increased waist circumference can raise your risk for type 2 diabetes and heart disease. Your physician may measure your waist circumference as a routine part of your physical exam.

### Guidelines For Waist Circumference Measurement

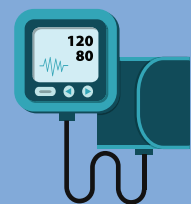
	Men	Women
Caucasian, African, Hispanic, and Native American	↓ 102 cm	↓ 88 cm
East and South Asian	↓ 90 cm	↓ 88 cm



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## MANAGE BLOOD PRESSURE

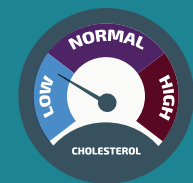
High blood pressure rates can lead to type 2 diabetes and heart disease. Normal blood pressure levels should measure below 120/80 mm Hg. If your blood pressure is higher than normal, doctors recommend making lifestyle changes, such as increasing physical activity, enhancing potassium intake, and limiting sodium in your diet, drinking alcohol in moderation.



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## KEEP CHOLESTEROL LOW

Lipids are cholesterol and other fats in the blood and tissues. Lipids are important, but if levels are too high, it can increase your risk for heart disease. High cholesterol levels cause fat deposits (plaque) to build up in the heart arteries causing arteries to narrow and harden. Fortunately, you can treat high cholesterol on your own! Doctors recommend regular exercise, eating a balanced diet, weight loss, and eliminating smoking. In some cases, doctors will recommend drugs in addition to lifestyle changes.



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