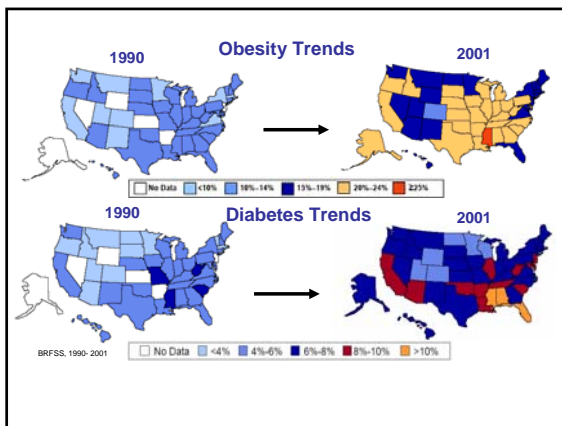


An Ounce of Prevention

Cyrus Desouza MD
Assistant Professor,
Diabetes, Endocrinology & Metabolism
UNMC, Omaha NE.



Diabetes Complications

- 2 in 3 people with diabetes die of heart disease or stroke
- Diabetes is the #1 cause of adult blindness
- Diabetes is the #1 cause of kidney failure
- Diabetes causes more than 60% of non-traumatic lower-limb amputations each year

NIDDK, National Diabetes Statistics fact sheet, HHS, NIH, 2005.

Diabetes-CVD Facts

- More than 65% of all deaths in people with diabetes are caused by cardiovascular disease.
- Heart attacks occur at an earlier age in people with diabetes and often result in premature death.

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Diabetes-CVD Facts

- Up to 60% of adults with diabetes have high blood pressure.
- Nearly all adults with diabetes have one or more cholesterol problems, such as:
 - high triglycerides
 - low HDL (“good”) cholesterol
 - high LDL (“bad”) cholesterol

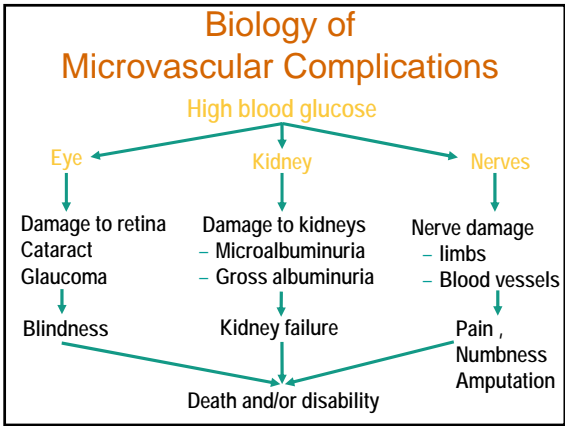
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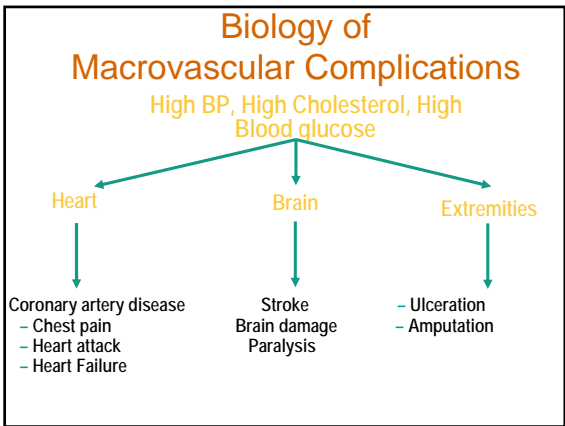
EVERY 24 HOURS

- New Cases – 4,100
- Deaths – 810
- Amputations – 230
- Kidney Failure – 120
- Blindness - 55

Derived from NIDDK, National Diabetes Statistics fact sheet, HHS, NIH, 2005.









Risk Factors for Macrovascular Disease

- Not modifiable
 - Genetic factors
 - Family history
- Modifiable
 - Hyperglycemia
 - Hypertension
 - Dyslipidemia
 - Smoking
 - Obesity
 - Physical inactivity

The Good News...

- By managing the ABCs of diabetes, people with diabetes can reduce their risk for heart disease and stroke.

A stands for **A1C**
B stands for **Blood pressure**
C stands for **Cholesterol**

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Preventing Diabetes Complications

- Glucose control
- Blood pressure control
- Blood lipid control
- Preventive care practices for eyes, kidneys, feet, teeth and gums
- Aspirin as directed by physician

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

Ask About Your A1C

- A1C measures average blood glucose over the last three months.
- Get your A1C checked at least twice a year.

A1C Goal = less than 7%

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Key Steps for Lowering A1C

- Eat the right foods.
- Get daily physical activity.
- Test blood glucose regularly.
- Take medications as prescribed.

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Beware of Your Blood Pressure

- High blood pressure raises your risk for heart attack, stroke, eye problems and kidney disease.
- Get your blood pressure checked at every visit.

Target BP = less than 130/80

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Key Steps for Lowering Blood Pressure

- Eat more fruits and vegetables!
- Reduce the amount of salt in diet.
- Lose weight.
- Lower alcohol intake.
- Quit smoking.
- Take blood pressure pills.
 - many people require more than one pill

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Check Your Cholesterol

- Several kinds of blood fats:
 - **LDL (“bad”) cholesterol** - can narrow or block blood vessels
 - **HDL (“good”) cholesterol** - helps remove cholesterol deposits
 - **Triglycerides** - can raise your risk for heart attacks/stroke

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ADA Goals for Cholesterol

Target LDL = less than 100

**Target HDL = above 40 (men)
above 50 (women)**

Target triglycerides = less than 150

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Key Steps for Controlling Your Cholesterol

- Eat less saturated fat
Foods high in saturated fat: fatty meats, high-fat dairy products, tropical oils
- Eat foods high in fiber
Examples: oatmeal, beans, peas, citrus fruits
- Take cholesterol-lowering medication
- Exercise regularly

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Eating Healthy

Calories appropriate to needs

Decreased saturated fat

Minimize Alcohol

Protein appropriate to size



ADA diet =

AHA diet=

ACS diet

Exchanges are "out"; "carb counting" and "fat grams" are "in"

Meal Planning

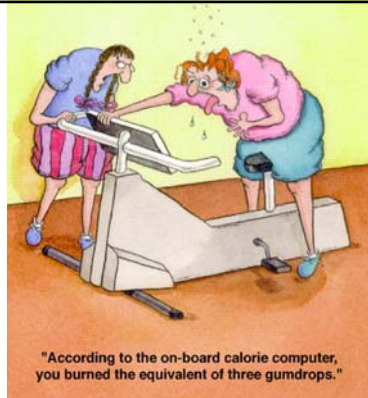
- Work with a dietitian to develop your own, personalized meal plan to help you:
 - Lose weight, if needed.
 - Choose foods low in saturated fat.
 - Count carbohydrates (carbs).

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Exercise for Heart Health

Regular
Moderate
Lifestyle





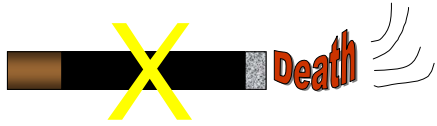
Exercise

A little bit goes a long way:

- **Try being more active** throughout the day.
Examples: work in the garden, play with the kids, take the stairs
- **Walk** - work up to at least 30 minutes of walking on most days; you can even split this into a 10-minute walk after each meal.

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Smoking? Don't!



Other Strategies

- Get help to quit smoking.
- Talk to your health care provider about taking aspirin and other medications to reduce your risk for heart disease and stroke.

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Managing Medications

On managing your medications:

- Ask when to take each medicine; make sure instructions and labels are clear.
- Link as many medicines as possible to recurring daily events – getting up, eating, brushing teeth, bedtime.
- Put a reminder note where you'll see it.
- Set your watch, computer, or a kitchen timer as a reminder.
- Use a daily or weekly pill box.
- Make a chart showing when each medicine should be taken.
- Talk to your health care provider about what you should do if you miss a dose.

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Key Points Review

- People with diabetes are at a very high risk for complications such as kidney failure, blindness, heart attack and stroke.
- Diabetes is more than managing blood glucose. It's managing blood glucose and blood pressure and cholesterol.
- Know the ABCs of Diabetes.
- More treatments are available than ever before. Talk to your healthcare provider and learn what you can do to manage your ABCs.

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THANK YOU
QUESTIONS?
