



DIABETES AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA

WHAT IS DIABETES?

Pre-Diabetes: Blood sugar is higher than normal.

Type 1 Diabetes: Body does not make enough insulin.

Type 2 Diabetes: Body cannot use insulin properly.

Gestational Diabetes: During pregnancy, not enough insulin is being produced.

KNOW YOUR NUMBERS

	Fasting Blood Glucose Level (short-term blood sugar control)	HbA1c Results (long-term blood sugar control)
Non-Diabetics/ Pre-Diabetics	Less than 5.6mmol/L	Less than 6.0%
Pre-Diabetics	6.1-6.9mmol/L	6.0-6.4%
Diabetics	4.0-7.0mmol/L	Less than 7.0%

RISK FACTORS



Age 45+



Family History



History of Gestational Diabetes



High Cholesterol

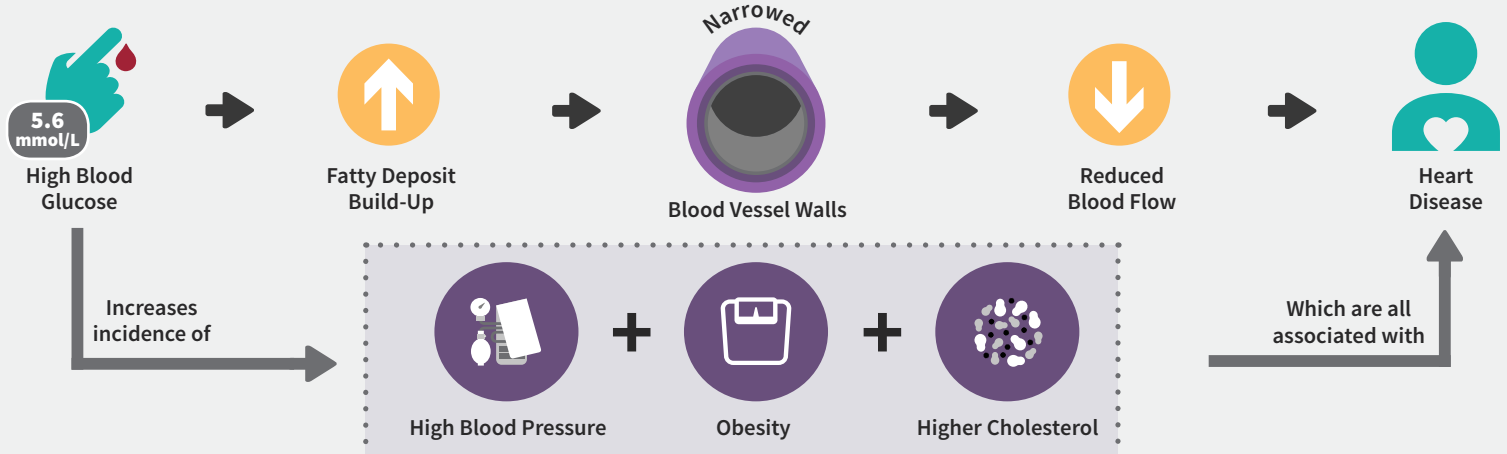


High Blood Pressure



Being Overweight

HOW DOES DIABETES AFFECT MY HEART?



WHAT CAN I DO?

PREVENT



Eat heart healthy. Eat more fruits, vegetables and whole grains. Aim for 7 servings a day.



Achieve and maintain a healthy weight. Aim for a waist circumference below 88 cm.



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



Manage your **cholesterol**.

130
80

Aim for a **blood pressure** of 130/80 or below.



Have your healthcare provider regularly test your **blood sugar**.



If you smoke, find support to **quit**.

MANAGE



Take your medication as prescribed.

MONITOR



A **glucose monitor** will help you test your glucose levels. Ask your healthcare provider how to use it.



Download the top 5 questions to ask your healthcare provider at yourheart.ca