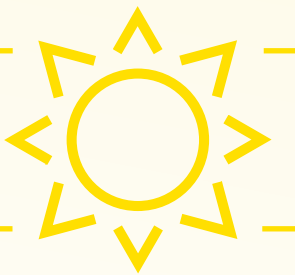




 Place medicines to take with breakfast here.



## Tips for Taking Your Diabetes and Cardiovascular Care Into Your Own Hands


The following three types of medications will help reduce your risk of heart disease and stroke. Ask your doctor today if you're on these medications... and if not, why not.


- High Intensity Statin
- ACE or ARB
- SGLT 2 or GLP 1

### Diabetes and Cardiovascular Disease Facts

#### DID YOU KNOW?

**4x** Cardiovascular disease is four times more common and occurs at an earlier age in patients with diabetes than those without diabetes.

 Controlling your blood pressure, cholesterol, sugar, weight and increasing exercise can reduce your risk to a level that is similar to someone without diabetes.

 The role of this placemat is to empower you with practical tips to improve your diabetes and cardiovascular health.

**Taking medications has been proven to reduce your risk of heart disease and stroke. Ask your doctor about it today.**

### Blood Pressure

#### DID YOU KNOW?

High blood pressure (or hypertension) increases the strain on your heart and causes damage to blood vessels in the brain, eyes and kidneys.

#### WHAT CAN I DO TO IMPROVE MY BLOOD PRESSURE?

**Taking an ACE inhibitor or angiotensin-receptor blocker (ARB) may help reduce your blood pressure, but most importantly, will reduce your risk of heart disease and stroke.**

Reduce salt in diet: minimize addition of salt when cooking, reduce salt rich foods, such as pizza, cured meats, soup or processed foods

Manage stress: engage in physical activity, such as yoga, meditation



What is my target blood pressure?

### Cholesterol

#### DID YOU KNOW?

High LDL ("Bad") cholesterol levels lead to fat buildup in arteries, which can cause heart attacks and strokes.

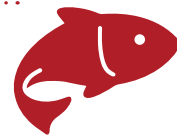
#### WHAT CAN I DO TO IMPROVE MY CHOLESTEROL?

**Taking a high-intensity statin is the single most important way to reduce cholesterol as well as your risk of heart disease and stroke.**

Reduce saturated fats such as lard, butter and sour cream

Reduce red meat and increase fish intake

Exercise regularly, maintain a healthy weight



What is my target LDL?

### Blood Sugar

#### DID YOU KNOW?

High blood sugar levels can increase your risk of blockages in your arteries.

Preventing high and low blood sugar levels can reduce your risk of heart attack and stroke.

#### HOW CAN I MANAGE AND CONTROL BLOOD GLUCOSE?

**Taking a SGLT-2 inhibitor or GLP-1 receptor agonist may help reduce your HbA1c, but most importantly, will reduce your risk of heart disease and stroke.**

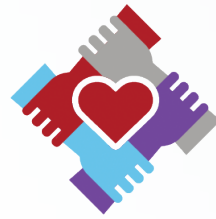
Check with your doctor how often you should measure your BSL

Confirm what your target BSLs should be

Try regular, smaller meals



# COORDINATE-Diabetes



Place medicines to take with dinner here.



## Tips for Taking Your Diabetes and Cardiovascular Care Into Your Own Hands

### Healthy Food Choices

#### CHOOSE HEALTHY FATS, PROTEIN AND VEGETABLES

**Healthy fats:** fish that is high in Omega 3 fatty acids (salmon), nuts such as walnuts and almonds (limit to a small handful per day) and cook with extra virgin olive oil

**Protein:** maximize lean meat (chicken or turkey) and minimize red meat

**Vegetables:** green leafy vegetables



Dairy in moderation (daily to weekly)

Whole grains

Minimize salt intake

Minimize processed meats, such as deli meat and hot dogs

### Exercise is Important

#### DID YOU KNOW?

Regular physical activity reduces your risk of heart attack and stroke improves your mood and energy level, reduces risk of dementia, and helps you live longer.

#### HOW CAN I MAKE EXERCISE A PRIORITY?

Set a goal that you can reach – start with 10 minutes and increase

Aim for 30 minutes of aerobic exercise daily

The intensity should mean you can't quite finish your sentences

Join a walking group or ask someone to join you

Integrate into your routine – walking to work or during lunch



### Weight Control

#### DID YOU KNOW?

Unhealthy weight leads to worse diabetes and cardiovascular disease.

#### HOW CAN I CONTROL MY WEIGHT?

Watch portion size – try eating from smaller-sized plate

Consider calorie counting and/or keep a food diary

Minimize carbohydrates such as sugar-sweetened beverages, dessert, bread, pasta, rice, and potatoes



What is my target weight?

### Smoking

#### DID YOU KNOW?

If you stop smoking, you can cut the risk of heart disease in half after 12 months.

If you smoke 1 pack a day, you could save \$9,000 per year just by stopping now.

#### HOW CAN I QUIT SMOKING?

Set a date

Write down why quitting is important to you

Avoid situations where you would be tempted

Ask your doctor about medications that can help

