

Diabetes & You

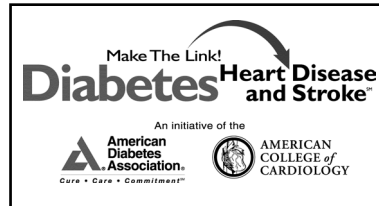
Attention Men: Are You Making The Link Between Your Diabetes And Heart Disease?

Many men with diabetes know that, if inadequately managed, diabetes can lead to eye problems such as blindness, kidney disease, loss of a limb and impotence. What many men don't realize is that diabetes can also lead to life-threatening heart disease and stroke. Cardiovascular disease, including heart attack and stroke, is the leading cause of death for people with diabetes, claiming the lives of at least 65 percent of people with diabetes. Compared to people who don't have diabetes, men with diabetes are two to three times more likely to develop cardiovascular disease.

Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy. The most common form of diabetes in men is type 2. This usually occurs after the age of 45 in men with a family history of diabetes or other risk factors such as high blood pressure, high cholesterol, or obesity. While there has been a dramatic decrease (36 percent) in deaths from heart disease in men without diabetes, it has only decreased by 13 percent in men with diabetes.

A public awareness campaign called *Make the Link! Diabetes, Heart Disease and Stroke*, seeks to increase awareness about the link between diabetes and heart disease and stroke. *Make the Link!* is a 3-year initiative conducted by the American Diabetes Association and the American College of Cardiology. Men can lower their risk for having a heart attack or stroke. Ask about the link between diabetes and heart disease and learn about the ABCs of diabetes.

- Lower your A1C, a test that measures blood glucose (sugar) over the last two to three months.



- Target range: less than 7
- Keep your Blood pressure below 130/80
- Get your "bad" Cholesterol (LDL) below 100

Small lifestyle changes can help lower a man's risks for diabetes-related heart disease and break this deadly link between the diseases. For instance:

- Keep blood glucose, blood pressure, and cholesterol numbers in your goal range
- Be active for at least 30 minutes each day - maybe take a walk or rake leaves
- Get help to quit smoking
- Eat low-fat meals that are high in fruits and vegetables, and whole grain foods.
- Ask a healthcare provider about taking aspirin and other medicines that can help reduce the chances of having a heart attack or stroke.
- Work closely with a healthcare provider to manage your diabetes and to reduce the risk for heart disease and stroke.

Men with diabetes need to "make the link" between their diabetes and heart disease. Find out more about the ABCs of diabetes by talking to your health care provider, visiting www.diabetes.org/makethelink, or by calling 1-800-DIABETES (1-800-342-2383).

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