

# What is your risk of heart disease?

It may be significantly increased if you have any of the following:

**Diabetes**  
**Abnormal Lipid Levels**  
**High Blood Pressure**  
**Smoking**  
**Overweight**  
**Physical Inactivity**  
**Poor Nutritional Habits**

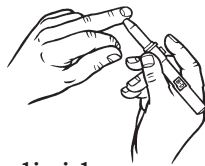
The good news is you can significantly decrease your risk of heart disease with early intervention and prevention.

People with Type 2 diabetes are especially prone to diseases of the large blood vessels, including heart disease, strokes, and peripheral vascular disease. Some astonishing facts:

- Half of the people with Type 2 diabetes have significant heart disease the day they are diagnosed with diabetes.
- In people with diabetes, 3 out of 4 hospitalizations are caused by large vessel diseases.
- 80% of people with Type 2 diabetes will die with this type of disease.

## Recommendations

Control your blood sugar  
Goal: 70 - 140



Improve your lipids  
Goals:

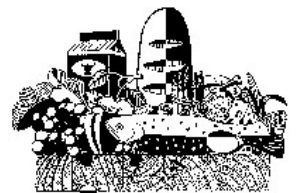
Triglycerides < 200  
LDL "bad" cholesterol < 100  
HDL "good" cholesterol  
> 35 (men) > 45 (women)



Increase your activity  
Goal: minimum of 30 minutes  
3 - 4 times a week



Lose weight  
Goal: < 120% of ideal body weight



Stop smoking  
Goal: Complete cessation



Control blood pressure  
Goal:  $\leq 130/80$  mmHg



Improve your diet  
Goal: decrease fat, saturated fat, and cholesterol  
increase fiber (whole grains, fresh fruits and vegetables)

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