



Quick Tips for Reducing Risks  
**Preventing cardiovascular disease  
(CVD)**



**ACCU-CHEK®** *Healthy Habits*  
OF LIVING WITH DIABETES

## What is CVD?

CVD is any condition caused by problems with the heart or blood vessels, including, but not limited to:

- Heart attack
- Stroke
- Coronary artery disease
- Peripheral vascular disease (narrowing of blood vessels in arms, legs and feet)

## Why is CVD important?

CVD is a leading cause of early death in the United States—claiming over 1.4 million American lives in 2004.<sup>1</sup> People with diabetes are 2 to 4 times more likely to suffer a major CVD complication, such as heart disease or stroke, than people without diabetes.<sup>1</sup>



## What is the link between CVD and diabetes?

High blood sugar (glucose) levels can harm blood vessels, causing cardiovascular complications such as high blood pressure, high cholesterol and arteriosclerosis (hardening of the arteries).<sup>4</sup> Over time, blood sugars that are high more often can put you at risk for CVD.<sup>1</sup>

*Talk with your doctor if you experience dizziness, leg cramps, numbness, or back, neck or arm pain.*

### Symptoms of CVD

People with CVD may experience a wide range of symptoms—and warning signs often differ for men and women. In particular, women are more likely to have shortness of breath, nausea and back or jaw pain.

For either sex, it's important to pay close attention to:

- Dizziness
- Chest pain or pressure
- Leg cramps
- Numbness or weakness in arms or legs
- Irregular heartbeats

*Being active can help you control your blood sugar levels and reduce your risk of CVD.*

## How can you help prevent CVD?

- Keep your blood sugar level within your target range.
- If you smoke, ask for help to quit.
- If you're overweight, talk with your doctor or a dietitian about ways to lose weight.
- Exercise regularly. Physical activity burns calories and helps slow or stop heart disease. Talk to your doctor before you start an exercise program.
- If you drink alcohol do so only in moderation.
- Eat a healthy diet that includes only a limited amount of saturated fat and cholesterol-rich foods.
- Monitor your cholesterol levels; if they're not within target range, ask your doctor about taking medicine.
- Ask your doctor if daily aspirin is for you.



*Even small improvements in blood sugar, blood pressure and cholesterol levels can reduce your risk of CVD.*

### Foods to eat each day

Eat a heart-healthy meal plan that includes:

- Fiber-rich whole grains, beans and starches
- Fruits and vegetables
- Low-fat or fat-free dairy products
- Fish, poultry and lean meats
- Monounsaturated fats, such as canola, olive and peanut oils

### Know your risk

Monitoring your cholesterol, blood pressure and blood sugar is important for understanding your risk of CVD. You can use this chart to track your test results.<sup>2,3,4</sup>

### My CVD Test Log

Test	Target	Date	Result	Date	Result	Date	Result
<b>Total cholesterol</b>	Below 200						
<b>LDL cholesterol</b>	Below 100						
<b>HDL cholesterol</b> (men) Above 50 (women)	Above 40						
<b>Triglycerides</b>	Below 150						
<b>Blood pressure</b>	130/80						
<b>Hemoglobin A1C</b>	Less than 7%						



Healthy Eating

Being Active

Monitoring

Taking Medication

Problem Solving

Healthy Coping

Reducing Risks

## Reducing risks

Staying active, eating healthy and maintaining tight control of your blood sugar, blood pressure and cholesterol levels are key to maintaining the Healthy Habits of Living with Diabetes. Roche, the maker of ACCU-CHEK<sup>®</sup> products, offers a variety of options to help you manage your diabetes – so you can go beyond living life to loving life.

Call the ACCU-CHEK Customer Care Service Center at 1-800-858-8072 or visit the award-winning **accu-chek.com** for additional tools and resources.



<sup>1</sup> American Heart Association. “Heart Disease and Stroke Statistics - 2007 Update at a Glance.” Available at: [http://www.americanheart.org/downloadable/heart/1166712318459HS\\_StatsInsideText.pdf](http://www.americanheart.org/downloadable/heart/1166712318459HS_StatsInsideText.pdf). (accessed July 7, 2007).

<sup>2</sup> American Heart Association. “What Your Cholesterol Levels Mean.” Available at: <http://www.americanheart.org/presenter.jhtml?identifier=183> (accessed June 28, 2007).

<sup>3</sup> American Diabetes Association. “Standards of Medical Care in Diabetes.” *Diabetes Care* 30 (2008): S12–S54.

<sup>4</sup> National Diabetes Education Program. “Be Smart About Your Heart, Control the ABC’s of Diabetes.” Campaign Overview, The Link Between Diabetes and Cardiovascular Disease. Available at: [http://ndep.nih.gov/campaigns/BeSmart/BeSmart\\_overview](http://ndep.nih.gov/campaigns/BeSmart/BeSmart_overview). (accessed June 28, 2007).

